

"HIGH BLOOD PRESSURE LOWERED NATURALLY — YOUR ARTERIES CAN CLEAN THEMSELVES"

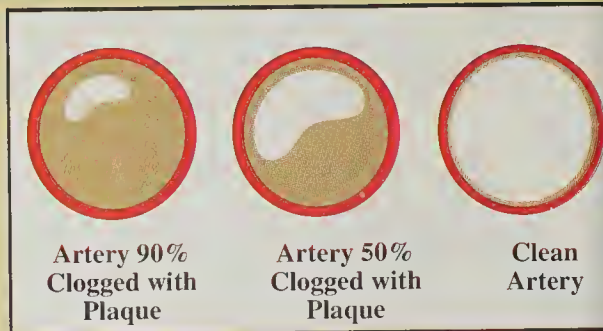
(By Frank K. Wood)

FC&A, a Peachtree City, Georgia, publisher, announced today the release of a new book for the general public, *"High Blood Pressure Lowered Naturally — Your Arteries Can Clean Themselves."* In their book, the authors claim many health benefits with full explanations.

- ▶ Why eating fruit may help your blood pressure.
- ▶ A startling new discovery at a world famous medical center: the reported reversal of high blood pressure and hardening of the arteries without prescription drugs.
- ▶ The amazing story of HDL's. The latest research evidence that the human body has its own natural system that helps keep the arteries clean.
- ▶ A recent university study that shows that most cases of high blood pressure can be lowered without drugs. 85.3% of patients with high blood pressure were able to quit taking drugs. Check with your physician before discontinuing medication.
- ▶ A sweet, small fruit that helps lower dangerous LDL cholesterol in just four weeks!
- ▶ Heart attacks! Use this simple step that can help avoid them.
- ▶ How a natural plan to lower high blood pressure can also help prevent appendicitis, diverticular disease, hemorrhoids and colon cancer.
- ▶ Amazing cholesterol-fighting Omega-3 "fish oil" — from vegetables? Yes! The book has a complete chart of all animal and plant sources with percentages of this amazing oil in them.
- ▶ Heart attacks and strokes! How to help develop your body's own natural, clot-busting protection. From a study reported in the New England Journal of Medicine.
- ▶ Here's an all-natural blood pressure reducer that works as well as the most powerful drugs! High blood pressure can be lowered without drugs, a new four year study by the University of Minnesota claims.
- ▶ Lose 10 pounds and help reduce your blood pressure by as much as 10 points!
- ▶ What your doctor may not always tell you about high blood pressure drugs.
- ▶ Side effects of all major drugs used to treat artery disease and heart problems.
- ▶ Medication — how to get off with your doctor's approval and help yourself to healthy arteries — without the costly side effects.
- ▶ The miserable side effects of high blood pressure drugs, like headaches, poor appetite, upset stomach, dry mouth, diarrhea, stuffy nose, dizziness, tingling or numbness in the hands or feet.
- ▶ What your tongue can tell you about your blood pressure medicine and what it's doing to you.
- ▶ When relieving your sour stomach can cause your blood pressure to skyrocket!
- ▶ Dry, hacking cough? Check your blood

pressure medicine!

- ▶ How some blood pressure drugs may trigger diabetes. From Doctor Einar Skarfors' research reported in the British Medical Journal.
- ▶ The seven deadly "gremlins" and how to avoid them.
- ▶ A substance that activates the natural clot-dissolving properties in your blood system.
- ▶ Shaped like an apple? Like a pear? Where you pack your extra pounds may send your blood pressure into orbit.
- ▶ "Mild" high blood pressure . . . don't be fooled. It can be dangerous, too!
- ▶ Children . . . their unrecognized risk of high blood pressure.
- ▶ Why high blood pressure is like air pressure in a water hose.
- ▶ How high blood pressure causes strokes, heart attacks and hardening of the arteries.
- ▶ Is it possible to start reversing heart disease naturally in 30 days or less? In eight out of every ten patients studied, according to a respected researcher "the arteries that had been clogged were clean. The blood vessels started looking clean and clear as they did before they developed heart disease!"
- ▶ What is "normal" blood pressure?
- ▶ How to tell if you're having a heart attack . . . or if it's just indigestion.
- ▶ Your circulatory system and high blood pressure — how they are connected.
- ▶ How high blood pressure can make a weak body part fail.
- ▶ How clogged arteries can lead to stroke.
- ▶ Do you "eat and run" in the morning? You may be doing your health a big favor — provided your breakfast includes a good measure of this proven cholesterol fighter.
- ▶ 15 ways to help raise your "good cholesterol" naturally and help your heart and arteries.
- ▶ Enjoying this tasty and popular nut may help cut your cholesterol by 20 points without medication! Documented at a cardiac research center in California.
- ▶ Sounds crazy, but it's true. Researchers found that men and women who eat more than three meals a day have lower cholesterol than those who eat fewer than three meals a day.
- ▶ A cup of coffee does not increase your risk of heart disease. The good news for coffee lovers!
- ▶ 29 foods that fight high blood pressure naturally.
- ▶ Heart problems? A tasty snack food helps slash your heart disease risk. Get "cracking!"
- ▶ The two kinds of fiber — how each kind works for you.
- ▶ Fat cravings . . . simple tips to help you control them.
- ▶ Add 'em up! Count the calories in your favorite foods and use this chart to help you cut them.
- ▶ Trimming the fat? This chart is the tool you need. It calculates for you the percentage of



Artery 90%
Clogged with
Plaque

Artery 50%
Clogged with
Plaque

Clean
Artery

- ▶ "calories from fat" in the foods you eat.
- ▶ Some fat can be healthy. Find out why.
- ▶ The truth about cholesterol and hardening of the arteries.
- ▶ What causes high blood pressure and how it slowly develops.
- ▶ The good effects of lowering high blood pressure to relieve pain, reduce fluid build-up, regulate heartbeat or prevent strokes and heart attacks.
- ▶ Laughter — how it can help cut your risk of high blood pressure.
- ▶ The silent symptoms of high blood pressure — do you know what they are?
- ▶ Relaxation training can help lower your blood pressure.
- ▶ How a stressful lifestyle affects your blood pressure.
- ▶ How the way the nurse takes your blood pressure can raise or lower the reading.
- ▶ Why your doctor's office is the worst place to read your blood pressure.
- ▶ A food that can make your blood pressure shoot up.
- ▶ Why drinking whole milk may be bad for your arteries.
- ▶ Beware of this! It can make your heart run wild.
- ▶ When sifting your flour can harm your heart.
- ▶ This kind of sweetener can actually increase your desire for sweets.
- ▶ Protein diets . . . when too much protein puts you at risk.
- ▶ Figure your fiber and fat grams — you'll find it easy to do with this chart.
- ▶ How small changes in eating habits can help lower your blood pressure.
- ▶ When a low-salt diet for high blood pressure can backfire! From a report presented at the American Heart Association meeting.
- ▶ How walking helps your heart.

Learn all these natural healing secrets. Book includes over 1,001 ways to perfect health. To order a copy, just return this notice with your name and address and a check for \$12.99 plus \$2.00 shipping and handling to our address: **FC&A, Dept. QKB-10**, 103 Clover Green, Peachtree City, GA 30269. We will send you a copy of *"High Blood Pressure Lowered Naturally — Your Arteries Can Clean Themselves."*

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Volume 27, No. 10, October 1995



Official Publication
Carolina Electric Cooperatives

Carolina Electric Cooperatives is the network of electric cooperative organizations that provides reliable, safe and affordable electric service to 650,000 homes, farms and businesses in North Carolina. At the heart of Carolina Electric Cooperatives are the state's 28 electric cooperatives, each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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Volume 27, No. 10, October 1995

CAROLINA COUNTRY

FEATURES

Energy Efficiency *At Home*

A Special Issue of Carolina Country

If the Shoe Fits ...

A collection of energy-saving ideas that work for you, including gaining heat from "Bunny Thermal Units" and 17 tips from Alice Carter.



A Guide to Energy Use of Household Appliances

Annual usage in kilowatt-hours, from aquariums to window fans.

8

Trees Can Help Conserve Energy

If you're planning to plant trees this fall, consider how they can conserve energy in summer.



12

The New EnergyGuide Labels

An illustrated explanation of the new EnergyGuide labels on household appliances.

14



Carolina Country Ghost Stories

Caroline Bickley Pickens saw her grandmother's ghost in Dry Ridge . . . The man who wouldn't stay buried ended up in Rowan County.

18

How to Make a Home Video

Pointers for keeping your audience satisfied.



20



On the Cover

"Bunny Thermal Units" can heat a greenhouse. Raleigh artist Jackie Pittman, a 1995 nominee for a National Cartoonists Society Reuben Award in advertising illustration, brings to his cartoons an imaginative association of fact and fancy. His clients include American Express, Coca-Cola, Hardee's, Proctor & Gamble, and Wendy's.

DEPARTMENTS

Letters and Comments

Michael Finney, manager of Halifax EMC, discusses competition in the electric utility industry. And readers look for the perfect T-shirt, anti-skunk spray and peanut butter pie.

4

Here, There & Everywhere

October events.

24

Joyner's Corner

A "Lost Colony" acrostic, plus "Math Words".

27

Classified Ads

33

Marketplace

A monthly showcase of goods and services.

34

Journal

Have you ever needed the perfect sympathy message?

37

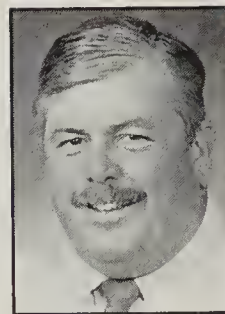
Country Kitchen

Low-fat Banana Split Pudding.

38

Our members give us a competitive advantage

by Michael E. Finney



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address:
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compuserve.com**

What Do You Think?

Send us a letter, E-mail or fax about our articles or the good work of your electric cooperative. We will publish what space allows. Messages should be brief and must include your name and telephone number (for our verification only). All are subject to editing. Our address is Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611. The fax number is (919) 878-3970.

The competition is coming" is more than just a call to action in the electric utility industry these days. The competition is here, and all of us in the industry are operating as though consumers are looking over our shoulder to see if we are the best utility they can buy for their money.

It's not easy for electric utilities to operate in a competitive market right now, however, because none of us know exactly where the playing field will be, let alone what the rules will be. All we know is that we already are competing. And it won't be long before we know how far government agencies and the courts will allow us to go to compete for business.

The North Carolina Utilities Commission — which considers cases involving electric cooperatives, investor-owned electric utilities and government-owned electric utilities, among others — decided recently that it will delay a formal study of deregulated competition in North Carolina's electric utility industry. The commission instead will monitor the trends in other states, then decide whether to conduct hearings on general issues of competition in North Carolina's electric service industry.

Meanwhile, North Carolina's utilities, including our cooperatives, keep a sharp eye on where to make the next move. Municipal utilities, Duke Power, Carolina Power & Light, and North Carolina Power are as interested in serving some of our territories and consumers as we are in serving some of theirs.

Across the nation, we are seeing mergers among cooperatives and other utilities in order to position themselves for the new marketplace. In some

areas, cooperatives are seen as the most viable utility to provide service to communities overserved by government and investor-owned utilities. As one of the largest systems of cooperatives in the U.S., we in North Carolina are seen as one of the strongest, too, in the face of competition.

In recent years, North Carolina's electric cooperatives have prepared and followed a strategic plan that guides us as a statewide entity in this changing business environment. We have negotiated contracts for buying wholesale electricity that give us as much flexibility as possible to obtain power where and when the price and reliability are best. We have been careful in our investments so that we do not find ourselves carrying an expensive debt burden while at the same time assuring our consumer-members of stability well into the future. And we have insisted on the lowest possible rates and highest quality service to our members and communities.

When it comes to the bottom line, cooperatives have something that not all utilities have: the involvement of our members. Our consumers also own their utility and therefore they are closer to the utility than other consumers. As we proceed in this changing market, your understanding of your cooperative, as well as your help and trust, will be more important than ever.

Michael E. Finney is manager of Halifax Electric Membership Corporation in Enfield. He also is vice president of the North Carolina Electric Membership Corporation and chairman of its Competitive Issues Committee.

Bright Ideas and South River EMC

Iread in Carolina Country about the Bright Ideas grants that are available to teachers [August 1995]. As a middle school teacher in Cumberland County, I am interested in more information on these grants.

My family has been served by South River EMC for over 23 years. My mother-in-law recalls when electricity first came to the Eastover community. I can count on one hand the number of times our electricity has been interrupted for a significant amount of time. Needless to say,

we love our South River service.

I thoroughly enjoy reading Carolina Country. Now that you are putting facts about North Carolina in your puzzles, I am clipping them to use at school. But I do miss the crossword puzzles.

Sara S. Brown, Fayetteville

We will publish word puzzles from time to time (see page 27).

We forwarded information about the Bright Ideas grant program to Ms. Brown. Applications are available by calling (800) 662-8835, ext. 299. Completed grant applications are due Oct. 20.

Confederate soldier's letters to be reprinted

Ihave had many requests from your readers for my book "Weep Not For Me, Dear Mother" ["I expect to be a man of honor," July 1995]. It will be reprinted by Pelican Press in Louisiana and will be available sometime after the first of the year. Orders can be placed directly at (800) 843-1724. It might speed up production if people who want the books call now. Thanks, again.

Elizabeth W. Roberson, Williamston

Should Carolina Country arrive later?

We are rural mail carriers at the Marion, N.C. post office. We gladly deliver Carolina Country to the majority of our customers each month. Ours is a rural community, and almost all the routes have approximately full coverage.

For years your magazine came near the middle of the month, and that was the perfect time for us to deliver it. Mail volume is lighter then.

When the time of delivery changed to the first of the month, it created a hardship for the mail carriers. The first of the month has the largest mail volume. It is also the week that our customers most want us to be on time. (Social Security checks coming that week is one of the main reasons.)

We are sure there was a very good reason for the change in your delivery schedule and can't expect you to rearrange it on a whim. But we carriers would greatly appreciate your considering changing back to the middle-of-the-month schedule.

Freida H. Fortune, Beteria C. Ross, Yonna D. Venton, Gary M. Gragg

Do readers and advertisers support this suggestion from mail carriers? Please send your opinion to the editor.

Looking for peanut butter pie

I would like to have some recipes for peanut butter pie. I wonder if any readers of the great Carolina Country have any to share.

Randall McSwain, P.O. Box 151, McGrady, NC 28649-0151

Looking for the "Perfect T-Shirt"

I'm looking for a catalog from The Perfect T-Shirt Company. Does someone have an address or an 800 number? I would be very grateful.

Marion Weber, 3026 St. James Church Rd., Denver, NC 28037

Remembering Haven's Wharf

The picture of Haven's Wharf on the cover of Carolina Country [July 1995] brought back wonderful memories.

I had just graduated from Durham (N.C.) College of Commerce during the Great Depression, and no jobs were available. I returned to Washington and tramped the streets for weeks looking for a job with no success. Then I decided to try Haven's Wharf. To my surprise, I was hired on the spot. Though the pay was small, it was a happy day in my life. The big boats loaded with 100-pound bags of sugar cane came in three times a week and docked at Haven's Wharf. One of my jobs was to keep account of the number of bags that were unloaded. It was a happy day for me when the boats came in.

To me, the Pamlico River is the only river.

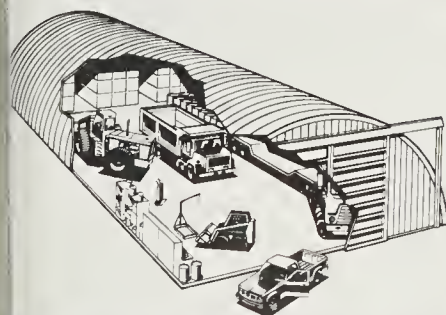
Olive Mixon Morrill, Falkland

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Virginia Laws,
Crouse



If the shoe fits...

Free tea and dish water

To keep heat down in my kitchen while cooking, I put water in my tea kettle. As I remove a pot or pan from a stove unit, I put the kettle there to absorb the rest of the heat. When finished cooking, I use this kettle water to help wash the pots and pans.

Nina C. Threatt, Marshville



Energy-saving ideas that work for you

Here are some home energy conservation ideas sent to us by Carolina Country readers

Bunny Thermal Units

BTU customarily stands for British Thermal Unit, the quantity of heat necessary to raise the temperature of one pound of water one degree Fahrenheit. But to William Schultz of Grants Pass, Oregon, the B stands for "bunny."

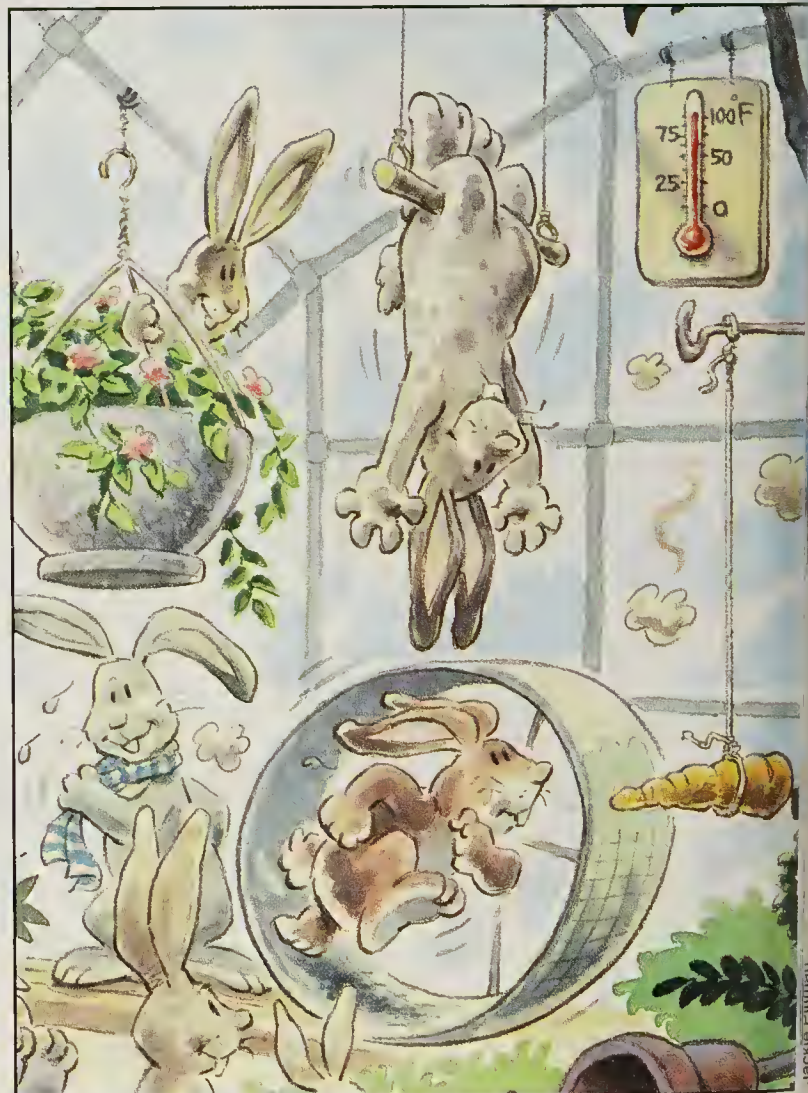
Schultz operates Southern Oregon Greenhouses, where he has installed about 350 rabbits (the count fluctuates) to provide heat in one of these structures. The rabbits generate 180,000 BTUs.

Extrapolating on this (these?) data, I figure it would take only two to three dozen rabbits to heat my house. My wife permitting, I plan to start with just two dozen, and let nature take its course. If she frowns on an animated, alternative heating system, I have a back-up plan. Horse manure gives off a great deal of heat, and the horse can be kept out of doors.

William Schultz says he got fed up with paying bills of more than \$1,000 a month to buy heating oil, so he decided to heat with "bunny thermal units." The normal body temperature of a rabbit is 101.5 degrees F. The average normal temperature of the human body is 98.6 degrees F. (I don't know the average normal body temperature of a horse, but I know how to find out.)

Schultz's rabbits occupy 80 cages at one end of his greenhouse. Their care and feeding runs about \$15 a day. He figures his alternative heating system saves about \$25 a day — a lot of lettuce. And not such a harebrained idea, after all.

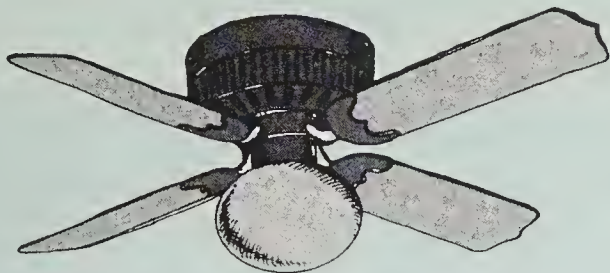
Charles Joyner
Hendersonville



Alice Carter's advice

Here are some steps I take to save energy around the house.

1. Use ceiling fans summer and winter with air or heat on.
2. Use fans alone unless it gets in high 80's or 90's.

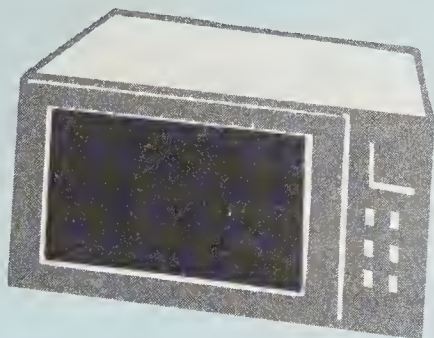


3. Keep mini-blinds closed on the side of the house where sun shines in summer, open where sun shines in winter.
4. Keep cooking pots and burner pans clean. Use correct size pots and pans according to burner size (flat-bottomed pans even out heat best). Use lids on stainless pots to save cooking time. Cook large amounts so you will have enough to freeze for later meals.

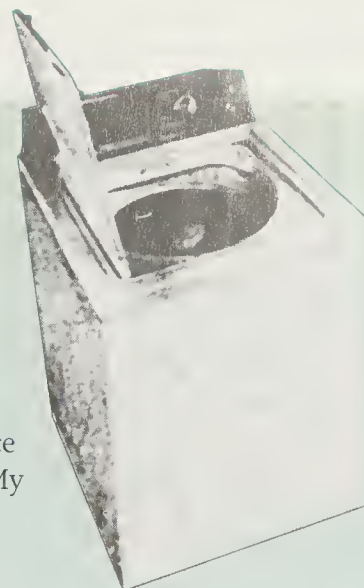
5. Try to use microwave, pressure cookers, deep-fat frier and crock pot most often to save.

6. Keep light bulbs clean for more light.

7. Only use lights in the rooms you use.



8. Use dishwasher, but let dishes air dry.
9. Wash clothes all at once, full loads, cold water for everything except whites. (But do rinse in cold.)
10. My house is well insulated, so in winter, I use a fireplace (glass enclosure and fan). My furnace never kicks in.



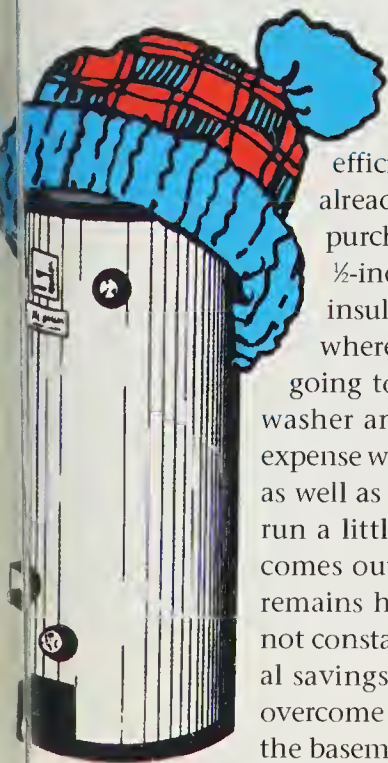
11. Always keep furnace, air conditioning and clothes dryer filters clean.
12. We don't heat or cool rooms we don't use.
13. Take short showers.
14. Install flow control on shower heads.
15. Insulate water lines and water heater.



16. Try to use energy in early morning or late at night (for washing, drying).
17. Dress according to weather.

Alice Carter, Lexington

Insulated water pipes



After an energy audit by Union Electric's Terry Efird, we decided to implement his suggestions to make our home more energy efficient. First, we put a "hat" on top of our already insulated hot water heater. Then we purchased 40 feet of $\frac{3}{4}$ -inch and 60 feet of $\frac{1}{2}$ -inch foam insulation and proceeded to insulate the hot water pipes starting from where they exited the hot water heater and going to every sink, basin, shower, bathtub, washer and slop sink in the house. The total expense was less than \$12! I feel it will save water as well as energy, because now one has only to run a little more than a quart of water and it comes out piping hot. The water in the pipes remains hot for several hours, even when it is not constantly being used. There is an additional savings from the heat pump not having to overcome any bare hot water pipes heating up the basement when hot water is drawn.

Winifred T. Nicholas, Stanfield



Capture water as it falls

I still wash dishes by hand. When I first run the water to get it hot for the dishes, I catch it in a jug, so I can water my house plants or flowers. I never let water run and waste. I guess it doesn't mean a lot to other people, but I think it helps. I also catch rain water in buckets to water my flower bed later, after the rain is gone.

Pamela H. Bolin, Mocksville

A guide to energy use of common household electrical appliances

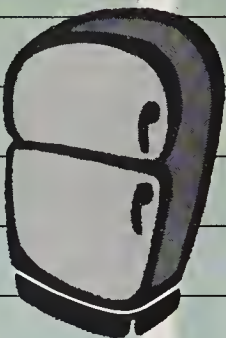
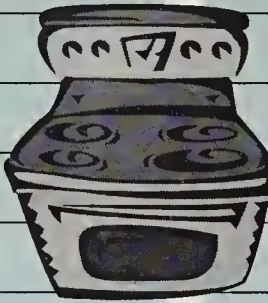
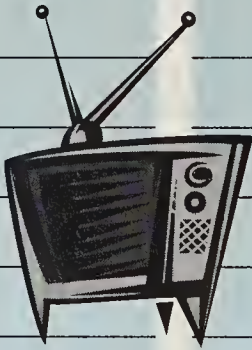
The following table lists common household electrical appliances and equipment, along with their estimated usage of electricity for a year in kilowatt-hours (kwh).

There is a range of annual energy use for most equipment because the efficiency varies from manufacturer to manufacturer, and some equipment is available in a range of sizes and styles. Refrigerators, for example, are available in 14.4 cubic-foot sizes to models that have 27

cubic feet of storage space. Refrigerators also may or may not have automatic defrost, through-the-door ice-makers, and freezers on the top, bottom or side — all of which affect their use of electricity.

The ranges listed offer consumers a guide to compare the annual electricity usage of household equipment.

The accompanying article on EnergyGuide labels (page 14) offers further help in determining the efficiency of electrical appliances.

| Household Appliance | Energy Use (kwh/yr.) | | Household Appliance | Energy Use (kwh/yr.) |
|--------------------------|----------------------|---|------------------------|----------------------|
| Aquarium/terrarium | 200-1,000 |  | Heat pump water heater | 1,760-2,930 |
| Auto block heater | 150-800 | | Humidifier | 20-1,500 |
| Black & white television | 10-100 | | Instant hot water | 100-400 |
| Bottled water dispenser | 200-400 | | Iron | 20-150 |
| Ceiling fan | 10-150 | | Pipe & gutter heater | 30-500 |
| Chest freezer | 290-510 | | Pool pump | 500-4,000 |
| Clock | 17-50 |  | Refrigerator-freezer | 496-851 |
| Clothes washer | 250-807 | | Spa/hot tub (electric) | 1,500-4,000 |
| Coffee maker | 20-300 | | Sumps/sewage pump | 20-200 |
| Color television | 75-1,000 | | Toaster/toaster oven | 25-120 |
| Computer | 25-400 | | Upright freezer | 400-575 |
| Crankcase heater | 100-400 | | VCR | 10-70 |
| Dehumidifier | 200-1,000 |  | Ventilation fan | 2-70 |
| Dishwasher | 493-608 | | Water Heater | 4,574-4,671 |
| Electric blanket | 75-200 | | Waterbed heater | 500-2,000 |
| Electric mower | 5-50 | | Well pump | 200-800 |
| Furnace fan | 300-1500 | | Whole-house fan | 20-500 |
| Garbage disposer | 20-50 | | Window fan | 5-100 |
| Grow light & accessories | 200-1.500 | | | |

Source: Leo Rainer, Steve Greenberg, & Alan Meier, Lawrence Berkeley Laboratory.

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| Arthritis | • Depression | • Gall bladder disease | • Lower back pain | • Ulcer |
| Bronchitis | • Diarrhea | • Heartburn | • Menopausal symptoms | • Varicose veins |
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can help conserve energy

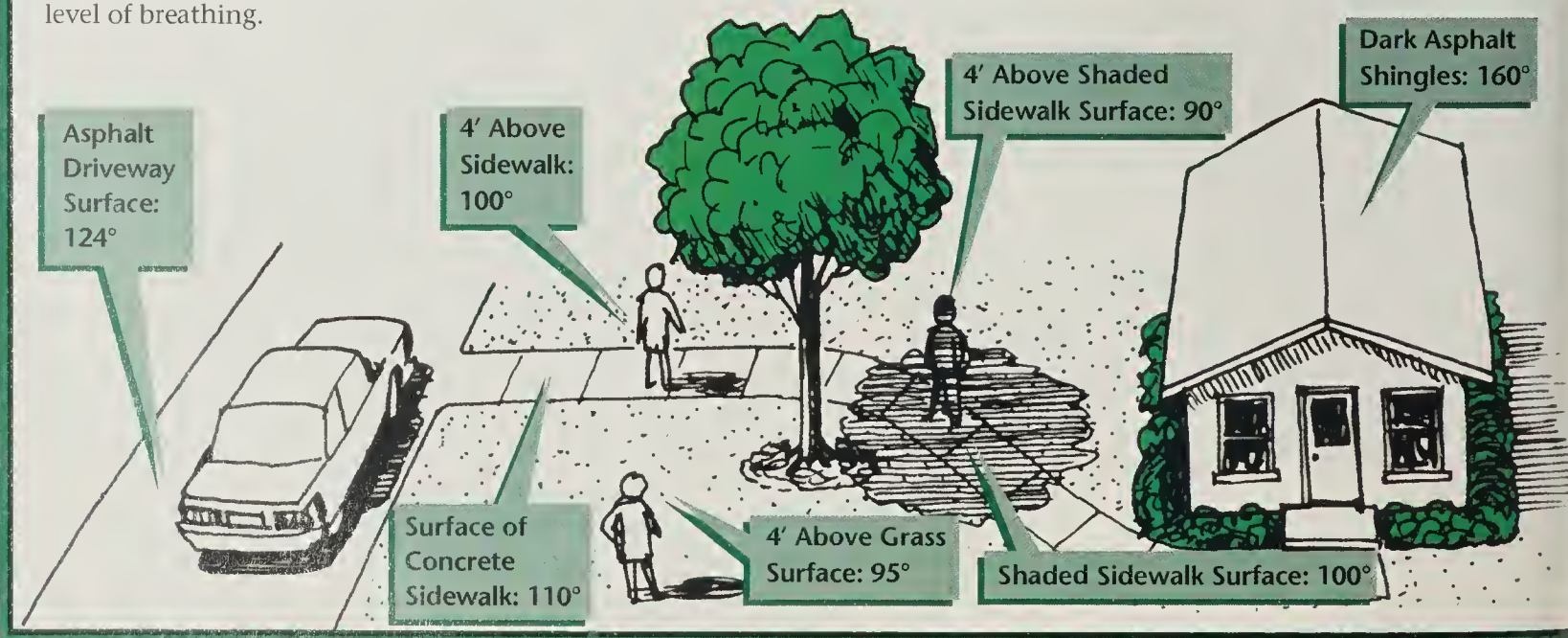


Home owners and small business operators can realize significant cash savings by properly using trees for shade. How much is saved depends on climate, existing tree cover and type of building. However, savings of 58 percent of daytime air

conditioning have been documented and as high as 65 percent in the case of mobile homes. Ten percent savings are more common, but even this amount is no small matter in most family budgets. If applied nationwide to buildings not now benefiting from trees, the gift of shade could reduce our nation's consumption of oil by 500,000 barrels of oil per day.

Landscaping is the key

Shade and surfaces around the house or place of business can have an extreme effect on summer temperatures. The illustration below shows actual temperatures measured on a summer afternoon in Arizona both at ground level and near the level of breathing.



What to shade

- Maximum benefit from shade usually comes from trees on the east and west sides of a building, and close to the walls. A 25-foot tree 10 feet from a west wall may shade 47 percent of the surface in mid-afternoon compared with only 27 percent if planted 20 feet from the wall.
- Prioritize areas of greatest heat gain or importance for comfort.
- Windows! About 75% of total solar heat gain in a building comes through windows.
- Dark or rough-textured surfaces absorb more heat than light-colored or smooth surfaces.
- Shading asphalt shingles is more essential than shading cedar shakes.
- Provide shade for "heat sinks" like driveways and parking areas.
- Consider high summer use areas such as patios and porches.

The benefits of shade

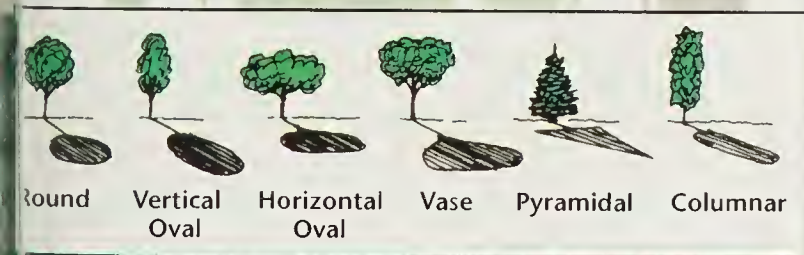
- Improved human comfort.
- Reduced air conditioning costs.
- Reduced peak load demands on utility companies, reducing the chance of power shortages.
- Reduced imports of foreign oil and less pressure to develop domestic sources of oil, gas, coal, or nuclear power.
- Relatively short payback periods on the investment.
- Less sunlight damage to carpets, drapes and furniture.
- Long-term savings.

When is shade needed?

When planning where to plant trees, remember that the sun's position in the sky changes hourly and daily. Plan for shadows that cover targeted areas during the hottest hours of the hottest weeks of summer. Your electric cooperative may have temperature data that can guide you. Then plan tree locations by observing summer shadows on your property or using techniques described in a tree-planting guidebook.

What to plant

Tree species with round, horizontal oval and vase-shaped crowns when mature offer the best shading potential. An arborist or nursery professional can recommend suitable species that grow well in your area.



Select species suited not only for shade, but also for your site conditions, space limitations and aesthetic preferences.

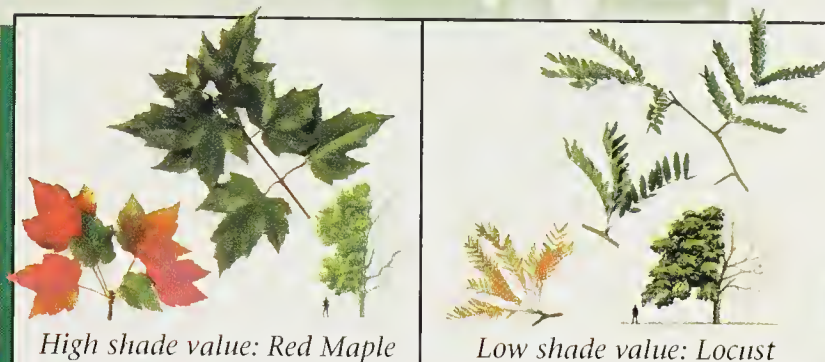
Plant trees with strong wood. Fast-growing species with weaker wood (for example, willows and silver maple) may be useful for quick shade. Stronger, slower-growing trees that are shade tolerant may be interplanted among or next to them. When the slower trees reach a useful height, the weaker ones should be removed.

Plant larger trees or trees on mounds to hasten usefulness for shade. Be sure to monitor watering needs.

- Select trees with dense canopies to maximize blockage of solar radiation.
- Plant groups of trees to intensify shade and reduce lawn area.

Relative shade value of deciduous trees

Leaf density and branching characteristics combine to determine the amount of solar radiation that can penetrate the canopy of a tree. The less penetration, the higher a tree's shade value.



| HIGHEST | MEDIUM | LOWER |
|----------------|---------------------|---------------------|
| Maples | European Birch | Hickories |
| Horse Chestnut | Crabapple | Catalpa |
| Hackberry | Sweetgum | Ginkgo |
| Beech | Oaks | Locusts |
| Green Ash | Littleleaf Linden | Goldenrain Tree |
| Walnut | Kentucky Coffeetree | Quaking Aspen |
| Yellow Poplar | Cottonwoods | Pears |
| Sycamores | Elms | Washington Hawthorn |

Additional tips for energy-conscious landscaping

- Espaliers (trees trained to grow in a vertical plane on a trellis) and vines can protect walls from direct solar radiation and create buffer of cooler air.
- Columnar cultivars are available from many nurseries and can fit within narrow urban spaces to provide shade.
- Have your shade and a view, too. Trees with spreading crowns can be placed near windows for shade and pruned high to keep the view open.
- Shrubs are often best along south walls where winter sun helps warm the building. J.H. Parker of Florida International University (Fort Lauderdale) recommends that arbovitae or similar foundation shrubs be pruned in the fall to help trap sun-warmed air. Spring growth will close the "trap" and provide added shade during the summer.

Resources:

Energy-Conserving Site Design

edited by E. Gegory McPherson
American Society of Landscape Architects
4401 Connecticut Ave. NW
Washington, D.C. 20008-2302
326 pages, \$27.60 postpaid

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How to Understand the New EnergyGuide Labels

Federal law requires that EnergyGuide labels be placed on all new refrigerators, freezers, water heaters, dishwashers, clothes washers, room air conditioners, central air conditioners, heat pumps, furnaces and boilers. These labels are bright yellow with black lettering.

EnergyGuide labels are not required on kitchen ranges, microwave ovens, clothes dryers, demand-type water heaters, portable space heaters and lights.

As of December 28, 1994, the format of the labels changed slightly. The most important change in the label format is that for several major appliances. The large dollar figure representing the estimated annual energy cost is no longer featured prominently in the middle of the label. Rather, the new labels for these appliances feature the estimated annual energy consumption, in kilowatt-hours per year (electric) or therms per year (gas). The estimated yearly operating cost is provided toward the bottom of the label.

A sample EnergyGuide label is reproduced here for a refrigerator. Each label provides the following information:

1 The manufacturer, model number, type of appliance and capacity are listed at the top of the label.

2 The line scale in the middle of the label shows how the particular model compares in energy efficiency with other models on the market of comparable size and type. You will see a range of lowest to highest.

For refrigerators, freezers, water heaters, dishwashers and clothes washers the range shows energy consumption in kwh/year or therms/year. The most efficient models will have labels showing energy consumption ("This Model Uses") at or near the left-hand end of the range, close to the words "Uses Least Energy."

For room air conditioners, central air conditioners, heat pumps, furnaces and boilers, the range is not energy consumption, but

rather, the energy efficiency ratings for these products (EER, SEER, HSPF & SEER, and AFUE, respectively). Therefore, labels on the most efficient models will show "This Model's Efficiency" at or near the right-hand end of the range, close to the words "Most Efficient."

The label will not tell you who makes the more efficient models, or if they are available locally. It is possible to find a model

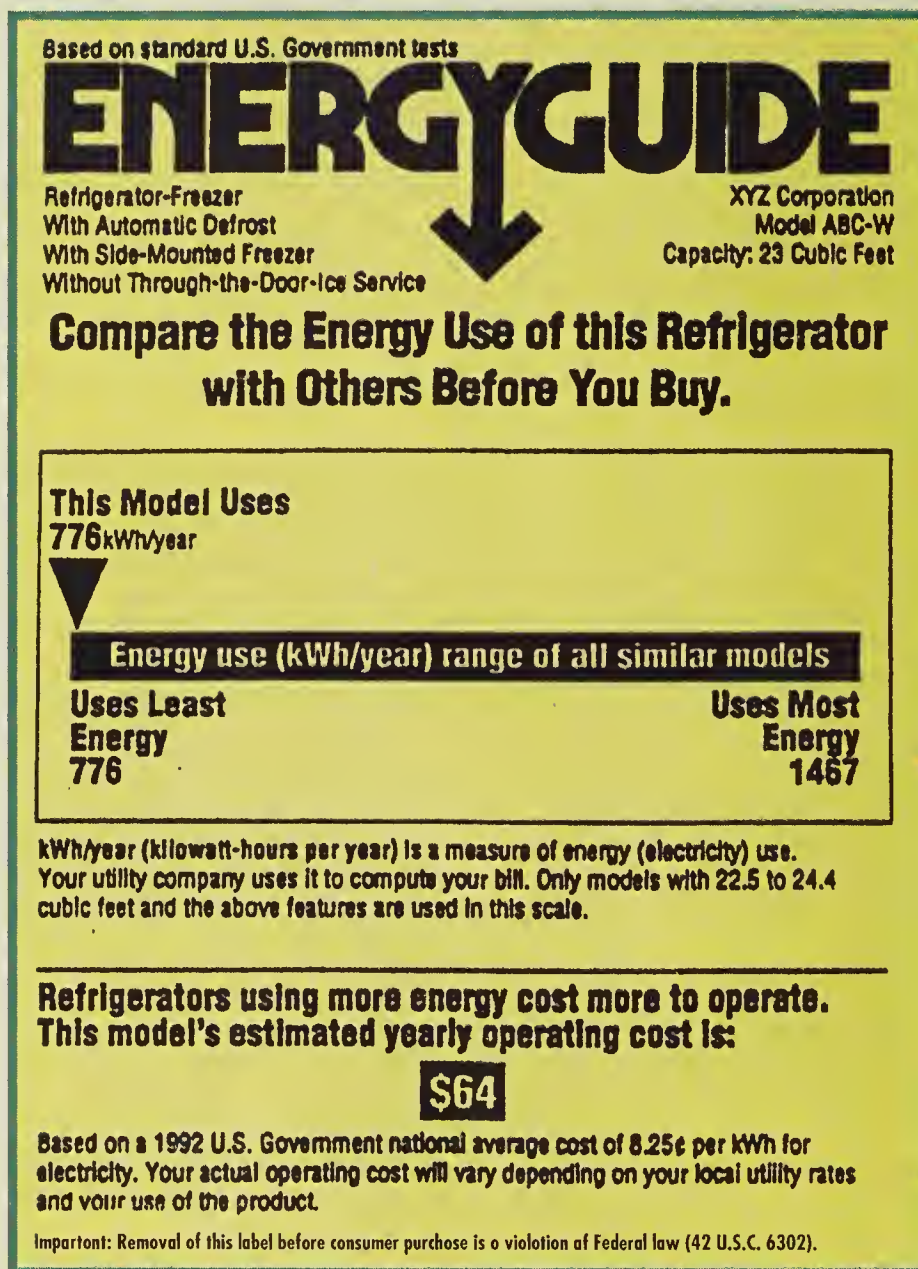
that is more efficient than the most efficient end of the range; a label on such a product will include a statement explaining that the consumption or efficiency of that particular model was not available at the time the range was published.

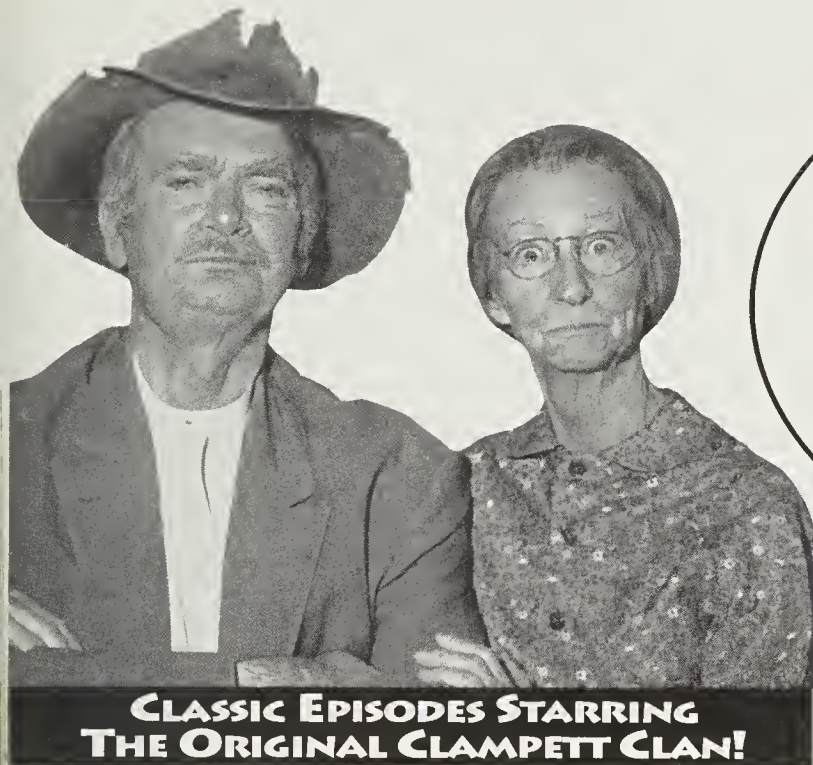
3 The labels showing estimated annual energy consumption also show estimated annual operating costs, near the bottom of the label. This estimated cost is based on recent national average prices of electricity and/or natural gas, and assume typical operating characteristics. For example, the energy use and cost estimates for dishwashers are based on six dishwasher loads per week; the estimates for clothes washer assume eight loads of laundry per week.

New gas furnaces and boilers must now carry EnergyGuide labels showing their annual fuel utilization efficiency (AFUE). Past labels for this equipment only offered suggestions for conserving energy.

EnergyGuide labels on heating and cooling equipment still refer customers to manufacturers' fact sheets available from the seller or installer. These fact sheets give further information about the efficiency and operating cost of the equipment under consideration.

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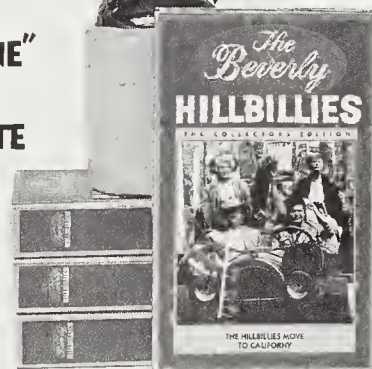


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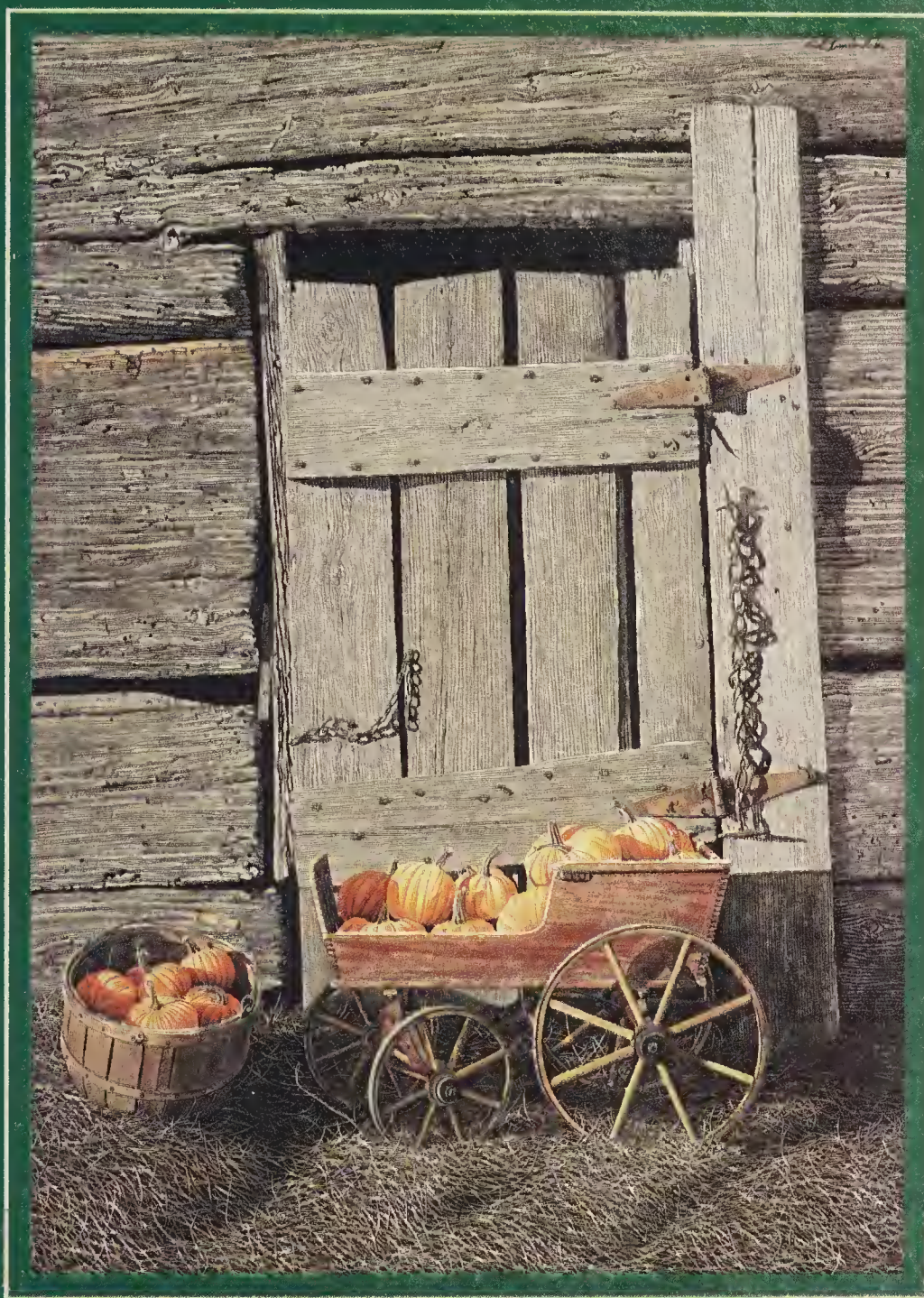


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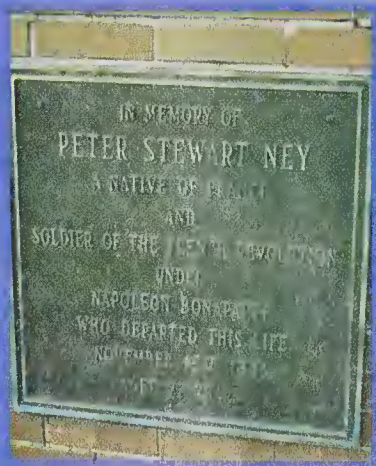
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The ghost of Caroline's grandmother

Late one afternoon in 1859 in the Buncombe County community of Dry Ridge (now Weaverville), Caroline Bickley Pickens sat sewing clothing in expectation of the arrival that fall of her fourth child.

She thought she heard her husband, the Rev. R.W. Pickens, come into the room.

"I'll be through in just a few minutes," she said, not looking up from her work.

Hearing no reply, she glanced over her shoulder to see her grandmother, who had passed away six years before.

"Don't be afraid, Caroline," the visitor said. "I've just come to tell you that when the new baby comes you will have just nine days to live, and I want you to be prepared."

Caroline gazed at the spot where her grandmother had been standing. Then she arose and proceeded to prepare supper for her husband and their three daughters.

The next morning she sent for Grannie Jarvis, a neighbor who was to "stay" with her when the new baby arrived. Caroline told her of the strange experience, and asked the older woman not to mention it to anyone.

On October 30, 1859, Dr. J.A. Regan assisted infant Caroline Pickens into this world.

For a few days all seemed fine for both mother and child. But on the eighth day, mother Caroline did not seem well when Dr. Regan visited, and he decided to look in on her again the next morning. Upon his arrival Caroline called for her husband and Grannie Jarvis. When they joined the doctor by her bedside, she asked Grannie Jarvis to tell about the ghostly visit.

When the story was finished, Caroline smiled and said to her husband, "Now you understand why I cut up my winter clothes to make garments for the girls. I won't be needing them." Then she calmly folded her hands, took a long breath, and died peacefully.

Her daughter Caroline later married James Jerome Regan, the son of Dr. J.A. Regan. They raised eight children, built a home on the side of Hamburg Mountain and celebrated their golden wedding anniversary there. Caroline died in 1945 and James Jerome Regan in 1948.

The late Nell Pickens, Weaverville's librarian for many years, told this story in her book "Dry Ridge, Some of Its History, Some of Its People," which was privately published in 1962.

— Charles G. Joyner

The man who wouldn't stay buried

On December 7, 1815, Marshall Michel Ney, commander in chief of Napoleon's army at its Waterloo defeat, was executed in France by a firing squad composed of his own men. A doctor who witnessed the execution pronounced Ney dead, killed by eight wounds in the chest, three in the neck, and one in the right arm.

Ney was buried in an unmarked grave after a pre-dawn ceremony attended by no member of his family.

Weeks later, a ship left Bordeaux, France, and on board was a short, stocky red-haired man with pock-marked features who bore a remarkable resemblance to the late commander. When the ship docked in Charleston, a Frenchman there called to the passenger by name, addressing him as "Marshal Ney," but the traveler hurried into the crowd.

He made his way northward to Charlotte, then Davidson, Lincolnton and Statesville. In Statesville he watched a small parade honoring the French ambassador, who glanced toward him, gasped and fainted. When revived, the ambassador said, "I saw a ghost—a dead man! I saw Marshal Ney!"

A few months later in the Rowan County town of Cleveland, the man landed a job teaching school. Over the years, local residents repeatedly questioned him, especially

as he began receiving letters and secret visitors from Europe.

"I am Peter Stewart Ney, from Scotland," he reportedly told them. But the teacher never shed the air of mystery.

Students said he grew so angry with a history text that he ripped it to shreds, claiming that it inaccurately described the battle of Waterloo. Glimpsing a weekly newspaper one day in 1821, he blanched, stammered and hastily dismissed his classes, then hurried to his cabin and slit his throat with a knife. A local doctor sewed him up and saved his life. Neighbors later noticed that the headline he had seen read, "Napoleon Is Dead."

On November 15, 1846, the aged teacher was dying and knew the end was near. When a doctor asked who he was, the man raised himself to one elbow and in a weak voice stated clearly, "Before God, I am Marshal Ney of France." Then, he died.

A huge, brick monument stands in his memory at the Third Presbyterian Church, east of Statesville. Ivy grows inside to cover windows looking into the tomb, but outside is the inscription, "In memory of Peter Stewart Ney, A Native of France and Soldier of the French Revolution Under Napoleon Bonaparte."

—Robert L. Williams

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• Norman T., McCook, Nebraska

"...I am so happy with my trees. I planted them Mother's Day and they are nearly eight feet in just 70 days!"

• Trish R., Colorado Springs, Colorado

"We purchased 120 for our golf course and have not lost a single tree. The trees are over 7 feet in just 3 months."

• The Barn Golf Course, North Ogden, Utah

"We are extremely happy with your trees...you can't believe how many people ask us about this wonderful tree. can't wait to plant more!"

• Kelly S., Whitesboro, Texas

"...the trees are growing faster than you can believe. If I wasn't seeing it for myself, I wouldn't believe it."

• J. R. D., Lakin, Kansas

"...your Austrees have survived several winters of 35 degrees below zero and are doing great."

• Glen S., Center, Colorado

"My 6 foot Austrees have grown to the height of 12 feet in 2 months. I'm thoroughly pleased with my trees."

• Richard P., Carrizozo, New Mexico

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▶▶ Tips for Making Videos

by Paul Hermanson

S o m e B a s i c s

What's the difference between a professionally produced videotape and a hobby videotape?

Several thousand dollars and knowing the basics of making a videotape.

I can't get you the several thousand dollars, but I can give you some basic tips to make your home videos more interesting to shoot and more fun to watch.

The tips listed here come from a variety of sources, including video manuals, university courses on the subject, my personal experiences, and my dad (a prolific, septuagenarian videographer).

The first law of video.

All the time not spent on planning before you shoot will be taken up in apologizing after you shoot.

Equipment

- ▶▶ Know your equipment. You'll save time, money, embarrassment and credibility if you understand how the equipment works.
- ▶▶ Don't be a "vidiot." Don't give in to the compulsion to buy the newest, most expensive equipment on the market. Get equipment you're comfortable with and competent in operating.
- ▶▶ Protect equipment from extreme temperature changes. Cameras are especially sensitive to humidity.
- ▶▶ Test all equipment before shooting.
- ▶▶ Batteries go dead only at the worst possible time. Always carry spares.

Before you begin

- ▶▶ If you aren't excited about the video project, don't do it!
- ▶▶ Know your audience. Make the tape with the audience in mind at all times.
- ▶▶ One page of script (double-spaced) equals an average of approximately one



minute of video.

- ▶▶ Write scripts for the ear. Read the script aloud to be sure it sounds good before you shoot.
- ▶▶ Plan promotional and informational videos to run from eight to 10 minutes in length.
- ▶▶ A typical 10-minute video can effectively convey one solid main idea and three or four sub-ideas.
- ▶▶ When shooting graphics, remember the "aspect ratio" (the ratio of the height and width of an object). Television is three units high by four units wide. Most paper is 4 1/4 units by 5 1/2 units.
- ▶▶ Graphics are easiest to see as light images on a dark background.
- ▶▶ Among graphics, remember that reds, yellows and oranges tend to bleed. Greens, blues, and grays are best.
- ▶▶ Rehearse shots whenever possible—both the camera work and "actors."
- ▶▶ The first 60 seconds of any videotape should be considered basically unusable.

Lighting

- ▶▶ Video needs a lot of light—more than still photography—and the light source should be consistent.
- ▶▶ More light means more depth of field and easier focusing.
- ▶▶ Be aware of where light is coming from—both the source of light and direction of light.
- ▶▶ Shooting in daylight is best done on a completely cloudy day. On a partly cloudy day, light intensity can change quickly. Also, there are fewer shadows on cloudy days.
- ▶▶ Be sure to "light the subject"—the background and the foreground should be darker than the subject.
- ▶▶ Constantly check the white balance. Don't rely on the camera's auto

matic white balance. Aim at a white paper instead.

- ▶ When the white balance is not correct:
 - ▶ indoor shots in incandescent light will be orange,
 - ▶ outdoor shots will be blue,
 - ▶ fluorescent lights will cast a green or pink light.
- ▶ Avoid shooting near fluorescent lights. They can adversely affect both video and audio.
- ▶ Avoid "mixed" lighting situations, such as a combination of indoor and outdoor lighting. It's better to make your own light.
- ▶ Scout shooting locations for space, lighting and sound.

Sound

- ▶ Record all audio on videotape. Videotape actually provides a higher quality sound recording than a cassette recorder and is much easier to edit into the final video product.
- ▶ Avoid using the camera-mounted microphone. They tend to pick up a lot of background noise. Use hand-held directional mikes or lapel mikes that plug into the camera.
- ▶ Don't try to hide microphones, especially lapel microphones. This muffles the sound and, hey, the audience knows there's a microphone somewhere anyway. Do your best to blend them into the scene.
- ▶ Keep your recording area as quiet as possible.
- ▶ Constantly check the audio level. Pay as much attention to audio as you do to video. Audio can make or break a project.

Shooting

- ▶ Keep control of the camera and the video shoot:
 - ▶ always use manual focus,
 - ▶ control the light (as much as possible),
 - ▶ know the purpose of the video,
 - ▶ be prepared, yet flexible.
- ▶ Use a tripod when possible. If you can't use a tripod:
 - ▶ lean on something solid,
 - ▶ hold your breath,
 - ▶ use a wide shot,
 - ▶ find a different shot.
- ▶ Shoot safety shots. These are shots you know will need. Tape them before

you forget. You can get creative later.

- ▶▶ When videotaping kids, never turn the camera off. You might miss their most natural moments.
- ▶▶ Remember that video is a medium of movement. If your subjects don't move, move the camera.
- ▶▶ In videography, the area in the center of the screen is called "dead center" for good reason. Avoid packing too much into this area. Take notice how many TV shows and news reports avoid the center of the screen.



- ▶▶ Allow proper "head room," "lead room" and "talk space." Basically, this means "give room" for people to walk and talk. It looks more natural to the audience.
- ▶▶ Video distorts space, particularly depth. Objects, including people, tend to look wider on videotape. Avoid shooting someone straight on.
- ▶▶ Don't "smash" subjects against backgrounds. Try instead to provide the illusion of depth.
- ▶▶ Do not overdo "zoom in" or "zoom out." It simply isn't natural. Remember: people's eyes do not have the ability to zoom in and out. Too much of this can actually make you nauseous.
- ▶▶ It's easier to start on a close-up and

zoom out than it is to start wide and zoom in.

- ▶▶ Light and sound degrade quickly with distance. Remember the Inverse Square Rule: moving the lights and microphones twice as far away decreases by four times the light intensity and volume.
- ▶▶ Check focus before hitting the record button.
- ▶▶ Constantly check focus. Keep reciting to yourself:
 - ▶ zoom in to focus,
 - ▶ zoom out to shoot.
- ▶▶ Change camera angles. Add variety to your shots. Be creative. Be sure to make significant changes to camera angles. Minor changes will simply confuse, frustrate and bore the audience.
- ▶▶ Close-ups sell. Get used to shooting close.
- ▶▶ Avoid shots that show unnatural or uncommon changes. For example, it will confuse the viewer if you show someone talking while facing the left, then suddenly show the same person talking while facing the right. The viewer will know something is wrong, but not exactly what.
- ▶▶ Leave a length of tape before and after each shot. These are called the "head pad" and "tail pad" on each shot. Count silently to five as you start to record and again after you get the shot. These pads provide room to edit later.
- ▶▶ Hold shots long enough for the audience to "read" the shot. But do not leave shots so long that the audience gets bored or begins to try and "read" ahead. Remember, five seconds is a long time on videotape.
- ▶▶ Pan-tilt-zoom slowly, unless you are looking for a blurred effect. Things usually look as if they are moving faster on the finished product than in the viewfinder.
- ▶▶ Make camera movements smooth and slow to avoid "lag" or the ghosting of images.
- ▶▶ Do not pan and tilt in more than a 90-degree arc.
- ▶▶ It is impossible to completely erase a videotape.
- ▶▶ Make a "safety tape" duplicate of important footage. Some quality will be lost in the copy or dub, but at least you won't lose the entire footage.

Paul Hermanson is director of education and member services for Wisconsin Electric Cooperative Association in Madison.

An Important Announcement for North Carolina Homeowners With Equity . . .

What would you do with an extra \$300 to \$1000 per month?

How to Get a Fast Mortgage Loan to Pay Off All Your Bills***

(Even if You've Been Turned Down by a Bank or Mortgage Company)

Franklin, North Carolina - Ray and Becky were frustrated. They'd bought the house 12 years ago and it was 5 years old when they moved in. Becky laughed out loud when she thought back to that time. Back then it seemed so big and beautiful. But now, 12 years and 3 kids later the house felt small and run down. The house needed a new roof and her two youngest girls, Emily and Katie, were doubling up in the small 10 by 12 bedroom.

Five years ago, Ray and Becky had a contractor come and talk to them about a new addition. Becky remembered how excited she and Ray both were. They even paid to have the plans drawn up. But that was a year before Ray lost his job at the plant. She poured herself another cup of coffee and recalled how depressed they both were. It was over a year before he got another job. And during that time they got behind on everything.

No Easter Dresses

They were so strapped for money in spring, they couldn't even afford new dresses for Emily and Katie for Easter. Sure they finally caught it all up when Ray went back to work, but it took them two years and by that time it had hurt their previously perfect credit record, it was a vicious cycle. You know, getting paid on Friday, sitting down on Saturday to pay bills and running out of money before all the bills were paid.

"I Hit A Brick Wall!"

After they got all caught up they tried again to borrow the money for the addition. First they got turned down by the local bank then a mortgage company in town rejected them. They just kept hitting the same brick wall. Even though Ray had gone back to work in another carpet mill making MORE money, the late payments that showed up on his credit reports scared the local banks and mortgage companies away. Ray felt like he was working JUST to pay his monthly bills and doing nothing for himself or Becky and the kids. Then he ran into Harvest Mortgage Company. Harvest helped him get a loan to pay off all his bills and consolidate everything into one single payment that was \$358 lower than he had been making. That saved him a whopping \$4296 per year TAX FREE. In the first year, that was enough money to close in the back porch AND enough left over for new bikes for the kids.

***Subject to Qualification

Harvest Can Get Loans From Loan Sources You Don't Even Know Exist!

"When we needed money to consolidate our debts and pay off some old bills, Harvest Mortgage was there when we needed them. We ended up paying off all our bills and rolling them all into one single payment. After we did, our total monthly payments dropped by almost \$400 per month. This has reduced our stress which has made our lives much better."

Billy and Judy S.
Columbus

Recent Loans Include:

- ✓ A \$78,000 loan to a couple in Sugar Grove, North Carolina that saved them \$800 per month in payments. They will save over \$29,000 in the next 3 years.
- ✓ A \$95,000 loan to a homeowner in Western North Carolina who was on permanent disability.
- ✓ A \$35,000 loan to a homeowner near Asheville to complete construction of his home (The borrower couldn't verify his income with tax returns.)
- ✓ A \$95,000 loan that consolidated the homeowner's mortgage and all the rest of his bills into one monthly payment that saved him over \$8,100 per year and a whopping \$124,000 over the loan period.

Home Equity Is the Key

Harvest officials report that the single most important key to their ability to find a loan is whether or not you have enough equity in the property. "Say you have a home valued at \$80,000 with no more than \$48,000 in total mortgage, including any 1st and 2nd mortgages. Then you are a good candidate for one of the many loan programs we offer," says Senior Loan officer Janet Kivi in an interview last week. "In other words," says Hughes, "if you have a minimum of 20% equity or more there's a good chance we can help you either save a lot of money every month by combining old bills and your old mortgage into one newer and much lower payment. Or we can help you get cash money out of your home or investment property to use to buy a vacation house, start a business, whatever."

No Ivory Towers

"When you apply for a loan at Harvest Mortgage, your loan request is reviewed and decided upon by the people right in our offices," says one Harvest executive. He added, "Since we are direct lenders, we don't send the information to some guys off somewhere in New York or California. We review and approve loans right here in town locally."

Fast Approval and Closing

That means we can get your loan closed in a matter of days, and you never have to go out of your living room until you're ready to close."

Loans for Purchase or Refinance

Harvest Mortgage officials report that whether you are buying or refinancing a house, or just looking to consolidate some bills or get cash out of your property, they have credited programs give you the money you're looking for. Different loan programs include:

- ✓ Loans to Borrowers with good credit with most competitive rates in the country. These are available for purchasing a new home or refinancing.
- ✓ Loans to borrowers with a lot of equity homeowners who have slow credit or have even been bankrupt.
- ✓ Cash out loans for investment property with a lot of equity.
- ✓ Loans for borrowers who want to do additions or remodel their homes.

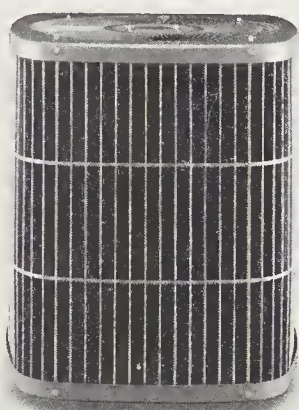
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To see how much money you may be able to get and exactly how much your payments would be, you can check it out by just picking up the phone and calling us. Be sure to ask for Mike George at 1-800-972-LEND (5363). Or for a FREE report on how Harvest Mortgage can work for you, call toll-free 1-800-876-3406 for a 24-hour recorded message. All of this doesn't cost you a dime, so you owe it to yourself to find out for yourself. Don't put this off. Do it now while you're thinking about it! You've got nothing to lose and every thing to gain!

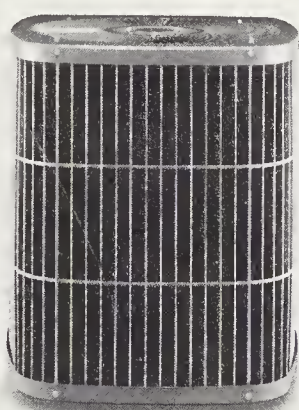
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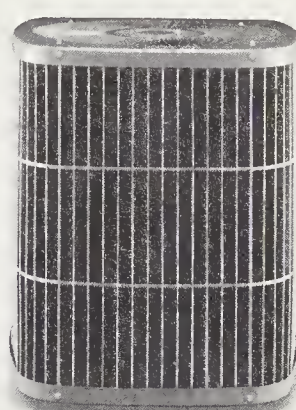
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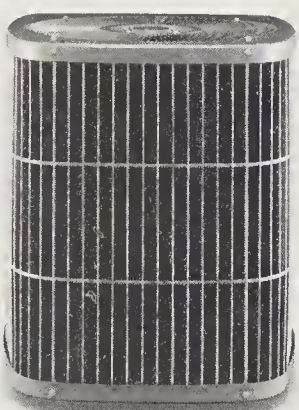
(It Heats)



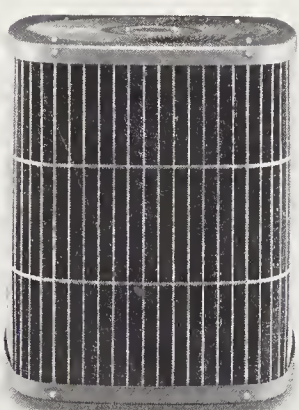
(It Cools)



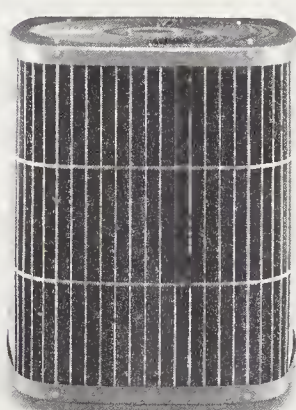
(It's Efficient)



(It Saves Money)



(It's Clean)



(It's Safe)



+25°



There are so many advantages to today's electric heat pumps, it's hard to know where to start. Say you start with comfort. A properly sized, designed and installed electric heat pump delivers warm, even heat in the winter (up to 25°F warmer than before), and cool, even air conditioning in the summer.

But you can't ignore the fact that today's competitively priced heat pumps can run reliably for years without the costly maintenance required by other systems. Or the fact that because electricity is free of the wild seasonal price fluctuations common to other energy sources, the price you pay for electricity

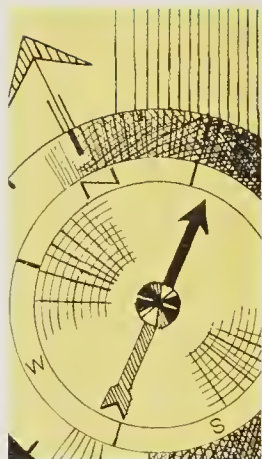
stays as even as the temperature in your home. All year long.

Finally, don't forget that the best people to ask for more information are people you're already comfortable with – the experts at your local electric co-op. So call today. When you consider the comfort, efficiency, savings and reliability of today's electric heat pumps, there's not a single reason you shouldn't have one.



CAROLINA **Electric
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Across
North Carolina.

Butterwood Bluegrass

Oct. 5-7, south of Roanoke Rapids
Family event featuring the music of The Cox Family, The Lewis Family, New Vintage, The McPeak Brothers, The Lonesome River Band and more. Free camping. For tickets call (919) 586-2230.

"Celebrate the Wind"

Oct. 7, Frisco

Pig pickin', kite show, windsurfing, sunset dance, live music, bonfire, kids games and family fun. At Frisco Woods Campground on Hatteras Island to benefit Adult Care's "Meals on Wheels" program. Call (919) 995-4890.

Annual Fall Festival

Oct. 7, Lake Park

Arts, crafts, 5K road race, 50-mile bike ride, basketball and volleyball competitions, a home tour, horse and buggy rides, hot air balloon rides, live music and the Lake Park Water Regatta (paper boat races and manned cardboard boat races.) Call Bill Kamm, (704) 882-6267.

Flora McDonald

Highland Games

Oct. 6-8, Red Springs

Competitions in Scottish dancing, etics. Also features entertainment, crafts, vendors and child activities. At Singleton vs. Call (910) 843-5000.

In Leaf Wagon Train

6-12, Mt. Airy

Take different routes each day to the foothills and mountains and return to camp each night. Parade through downtown Mt. Airy. Live each night. Call Doris (919) 789-9797.

Day

Reidsville

Arts, entertainment, lawn games and lots of Brunswick vs. At Chinqua-Penn plantation, (910) 349-4576.

Port County Celebration

Washington

Information booths, vendor competitions among local departments. Contact Stephen Chocowinity.



Street dance at the Chrysanthemum Festival

Chrysanthemum Festival

Oct. 13-15, New Bern

Quilt show, fine art show, petting zoo, softball and bass fishing tournaments, paddleboat and peddle boat rides and lots and lots of chrysanthemums. Tryon Palace Gardens will be open free. Proceeds benefit the redevelopment of New Bern's downtown. Call Elaine Chord, (919) 636-5529.

Pioneer Day

Oct. 7, Pisgah Forest

Early trades and crafts, a descendants museum, music and food. At the William Deavor House, the oldest standing frame house in N.C.'s Blue Ridge Mountains. Call Jack Powers, (704) 862-5824.

Art in the Park

Oct. 7, Blowing Rock

Juried arts and craft show in downtown Blowing Rock. Call (704) 295-7851.

Concert in the Park

Oct. 8, Blowing Rock

Featuring Die Rheinlanders, an Oktoberfest band. Call (704) 295-7851.

Antiques Show & Sale

Oct. 12-15, Raleigh

Antiques from 31 dealers across the east coast. Benefit for the Poe Center's health education for preschool, school-age and adult groups in North Carolina. Call (919) 231-4006.

Cotton Ginning Days

Oct. 13-15, Dallas

Crafts, music, food, a fully operational cotton gin, antique steam engines, tractors and farm equipment from over 200 vendors. Also, a kids county fair complete with games, petting zoo, miniature train ride and pony rides. Call (704) 866-3092.

"Night in Old Salisbury"

Oct. 13, Salisbury

"On the town" in art galleries, antique stores, gift shops and restaurants. Cash prizes, free samples and sidewalk concerts. Call Leigh Charles, (704) 637-7814.

Anything Goes

Oct. 13-22, Mocksville

An age-old tale of boy-meets-girl presented by the Davie County Theatre. Admission is \$8, \$6 for students/senior citizens. For times and reservations call (704) 634-3998.

Mountain Glory Festival

Oct. 13-14, Marion

Arts, crafts, food, two entertainment stages, a children's arena and a quilt show. Contact: Rod Birdsong, (704) 652-4240.

Molasses Festival

Oct. 14, Dudley Shoals

Molasses and apple butter demonstrations, live bluegrass music, crafts, food, horse and wagon ride and doorprizes. Admission is \$2. Call (704) 396-5811.

1995 Band Invitational

Oct. 14, Fayetteville

Marching competition for high school bands from the Carolinas and Virginia. At the Seventy-First High School. Call John Washburn, (910) 867-3116.

Fall Festival

Oct. 14, Kernersville

Arts, crafts, business expo, food, Halloween costumes and pumpkin carving contests. At the Main Street United Methodist Church. Call Mary Wilks, (910) 996-1313.

Octoberfest

Oct. 14, Warrensville

Crafts, music, food, fire and rescue demonstrations and activities for ages. At Blue Ridge Elementary School. Call (910) 384-2451.



Scottish dancing at
Red Springs, Oct. 6-8.

Musicale
Oct. 14, Windsor
 Candlelight champagne supper followed by the N.C. Symphony String Quartet. At Historic Hope Plantation 4 miles west of Windsor on Hwy. 308. For reservations call (919) 794-3140.

Festival of the Frescos
Oct. 14, Glendale Springs
 Arts, crafts, bake sale, flea market, barbecued chicken dinner and a raffle for a hand-made country quilt. Across the street from the Holy Trinity Church, home of the Ben Long fresco of the Last Supper.

John Blue Cotton Festival
Oct. 14-15, Laurinburg
 Old-time festival of arts, crafts, antiques, music, cloggers, pony/hay rides, war encampment, petting farm, games and horseless carriages. At the Historical John Blue House and Grounds, (910) 277-2585.

An Appalachian Evening
Oct. 19, Lexington
 With folk musician and storyteller David Holt, bluegrass music and clogging performances. \$5, children under 3 free. Call (704) 249-7875 or (704) 956-2178.



Lake Eden Arts
Oct. 20-22, Black Mountain
 A celebration of folk arts, featuring dance, drumming, music, poetry, storytelling, handcrafts, and spiritual/healing arts. Camp sites, cabins or lodges available. Call (704) 68-MUSIC.

Halifax Harvest Days
Oct. 20-21, Halifax
 Antique farm equipment and tractors, gas engines, crop exhibition, peanut threshing, arts, crafts, music and entertainment. Rodeo at 8:30 p.m. each night. Call (919) 83-5161.

Horse Show and Rodeo
Oct. 21, Roseboro
 The Pete Fann Memorial at Tew's Lockin' Ranch. Benefit for 4-H horse programs. Call (910) 567-6283.

Apple City Festival
Oct. 21, Taylorsville
 7th annual downtown festival with crafts, food, entertainment. Call (704) 632-4839.

Doll/Bear Show & Sale
Oct. 21, Greenville
 Admission is \$2; ages 5-12, \$1; children under 5 admitted free. At the National Guard Armory. Call (919) 923-4501.

Bluegrass/Gospel Show
Oct. 21, Oakboro
 Featuring The Lewis Family, The Hatley Family and Fiddlin' Junior Harris. \$6 in advance, \$8 at the door. At the Stanly Agri-Civic Center. Call Jeff Branch, (704) 985-0102.

Valle Country Fair
Oct. 21, Valle Crucis
 Apple-pressing, story-telling, bluegrass music and arts and crafts from local artisans. Benefits local communities and organizations. Write Valle Country Fair, P.O. Box 543, Valle Crucis, N.C. 28691.

Ribfest 1995
Oct. 21-22, Wilson
 "Best ribs in the state." Music by Captain Cook and the Coconutz, Wyatt Station and the Monitors. \$1. At Toisnot Reservoir. Call (919) 291-4329.

Waylon Jennings
Oct. 22, Edenton
 Waylon Jennings and Jessi Colter, two shows (2 and 5 p.m.) at Swain Auditorium, 101 Court St. \$20, \$25, \$30. Call (919) 482-8005.

"Cinderella"
Oct. 25, Winston-Salem
 Stage production at The Stevens Center. Call (910) 722-7240.

Art Exhibit
Oct. 26-29, Sanford
 Members of the Sanford Brush & Palette Club display nearly 500 pieces of their work at the National Guard Armory.

N.C. Yam Festival
Oct. 26-30, Tabor City
 Sweet potato dish contest, parade, arts, crafts, exhibits, classic car show, Confederate reenactment groups, rides, games, live entertainment and a street dance. Write N.C. Yam Festival, 5 West Fifth St., Tabor City, N.C. 28463.

Dublin Peanut Festival
Oct. 27-28, Dublin
 Featuring comedian Jerry Clower. Call Jane Carroll, (910) 862-2202.

Ghost Walk
Oct. 27-28, New Bern
 Ghosts of the Great Fire of December 1922 will haunt several locations on the tour, including private residences, historic churches and Cedar Grove cemetery. \$10 in advance. Call (919) 638-8558.

Special Olympics
Oct. 27-29, Rocky Mount
 Chapter competitions in bocce, cycling, golf, roller-skating, soccer and tennis. Call (919) 878-7978.

Albemarle Craftsmen
Oct. 27-29, Elizabeth City
 Oldest demonstrating show in this part of the country. Traditional and reproduction high quality crafts. At the Knobbs Creek Recreation Center. Call Lisa Winslow, (919) 771-5441.

Western N.C. Fall Harvest Days
Oct. 27-29, Arden
 Crafts, corn-milling, apple cider press, rope-making, gas engines, tractor pulls, blacksmithing and antique cars. Over 600 exhibitors. At the Western N.C. Agricultural Center. Call Geraldine Mecum, (704) 891-5889.



Halloween Celebration
Oct. 28, Salisbury
 Children's costume parade, trick-or-treating, prizes and games. Call (704) 637-7814.

Statewide Convention
Oct. 28, Raleigh
 Third biennial N.C. Fair Share convention, "Voices From the Trenches, Building a Progressive Front for the 21st Century." Toward a 1996-97 agenda. St. Augustine's College, 9-4:30. Call (919) 832-7130.

The Feathered Festival
Oct. 28-29, Morganton
 A pet bird fair, sale and exhibition. At the Collett Street Recreation Center. Call Michael Jarrett, (704) 433-8036.

Tweetsie Railroad Halloween
Oct. 13-14, 20-31; Blowing Rock
 A haunting ride through the night on the "Ghost Train." Call (704) 264-9061.

Quilt Show
Nov. 3-4, Asheboro
 At the Moring Art Center. Sponsored by the Randolph Quilters Guild. For information send SASE to Priscilla Williams, 4373 Craven Pines Rd., Sophia, N.C. 27350.

Western Piedmont Symphony
Nov. 4, Hickory
 Music of Kearns, Saint-Saens and Stravinsky. At P.E. Monroe Auditorium on the campus of Lenoir-Rhyne College. \$17 for adults, \$12 for students/senior citizens. Call (704) 324-8603.

Wood Carving Show
Nov. 4-5, Jamestown
 At the Thomas C. Ragsdale Sr. Civic Center. Sponsored by the Tarheel Woodcarver's Association. Call Jim Gretzinger, (910) 882-7639.

Bethany UMC Fall Festival
Nov. 4, Winsteadville
 Handmade arts and crafts, wood-working, needlework, home baked and canned foods, barbecue, live gospel music, and one-stop shopping for Christmas. Call Maurie Volland, (919) 964-2338.

Indian Heritage Festival
Nov. 4-5, Mt. Gilead
 Featuring Native American dancers, arts, crafts, demonstrations and food and craft vendors. At Town Creek Indian Mound, 5.5 miles southeast of Mt. Gilead on SR 1542. Rain site is the Agriculture Center in Troy. Call Alexis Locklear, (910) 439-6802.

Ongoing
Art of John Biggers
Oct. 15 - Jan. 14, Raleigh
 The North Carolina Museum of Art hosts, "The Art of John Biggers: View From the Upper Room," a retrospective with 127 drawings, prints, sculptures, paintings and several large-scale murals by this N.C. native. Call (919) 833-1935.

Gallery Show
Through Oct. 31, Cary
 Selected works by the Raleigh Art Alliance at the Page-Walker Center. Call (919) 460-4963.

Autumn Showcase
Through Oct. 31, Waynesville
 Western N.C. art, including weaving, paintings, pottery, embroidery, carvings, quilts, wall hangings and music. At the Balsalm Mountain Inn near the Blue Ridge Parkway. Call (704) 452-4864.

Bob Timberlake Retrospective
Oct. 24- Dec. 8, Raleigh
 The N.C. Museum of History hosts a retrospective exhibit of Bob Timberlake's work, 50 paintings marking the 25th anniversary of his decision to pursue an artistic career. Call (919) 733-5722.

"Outer Banks"
Through Nov. 4, Beaufort
 Silk batiks by artist/pilot Mary Edna Fraser featuring an aerial view of North Carolina's barrier islands. This exhibit, on display at the N.C. Maritime Museum, is part of the

"Aerial Inspirations" exhibition recently shown at the National Air and Space Museum. Call (919) 728-7317.

"The Carolina Soldier"
Through Nov. 11, Charlotte
 A salute to North Carolina soldiers and veterans. The exhibit covers the period from the Revolutionary War through the Gulf War with a special emphasis on World War II. At the Charlotte Museum of History, (704) 568-1774.

19th Century Show
Through Jan. 14, Chapel Hill
 The Ackland Art Museum presents "Identity and Difference in Nineteenth-Century Art," an exhibit which explores how political, social and technological changes in the 1800s helped shape new race, class and gender identities. Paintings, sculptures, decorative arts and works on paper. Call (919) 406-9837.

Ceramic Art Exhibit
Through January, Charlotte
 "Built Upon Honor: The Ceramic Art of Ben Owen and Ben Owen

III," is on display at the Mint Museum of Art. Ben Owen, a Moore County potter, combined oral tradition with innovation to become a national figure in the art pottery field. Call (704) 337-2009.

Kunstler Exhibit
Through Jan. 28, Raleigh
 "Legends in Gray: The Civil War Paintings of Mort Kunstler," includes 21 of Kuntsler's selected works on display at the N.C. Museum of History, (919) 733-5722.

"The Story of a Picture"
Through June, Raleigh
 "The Story of a Picture" is an educational exhibit designed to help visitors study, interpret and understand works of art. At the N.C. Museum of Art, (919) 833-1935.

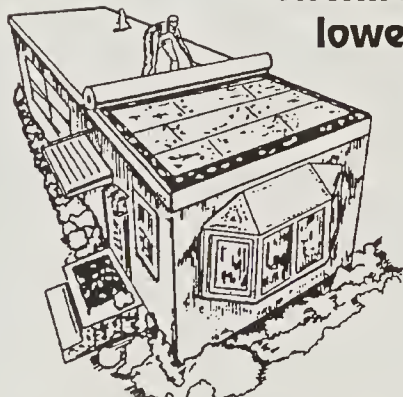
Deadlines
 Deadlines for submitting notices to "Here, There and Everywhere."
 December issueOctober 25
 January issue.....November 25
 February issue.....December 25
 We welcome photos and illustrations of coming events. Send notices to Colendor, Carolino Country, P.O. Box 27306, Raleigh, N.C. 27611.



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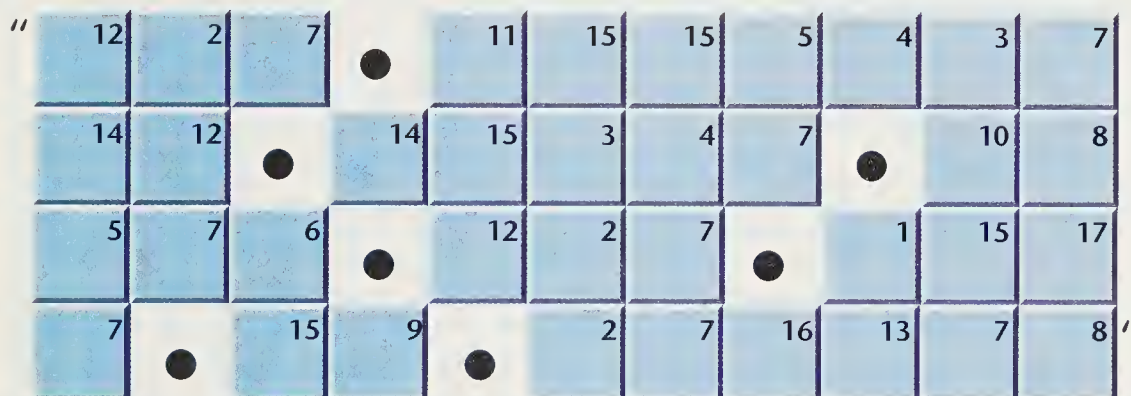


Take order
out of chaos.

• Acrostic •

In 1585, Lt. Ralph Lane led a company of 107 men to what we know today as Roanoke Island on the North Carolina coast. He wanted to establish an English colony there. After exploring the mainland west of Roanoke, Lane described it in the eight words encoded in this acrostic. Answer each clue, and write the word in the numbered spaces. Then put each letter into the diagram under a matching number. When you have finished you will find the description Lane wrote to lawyer Richard Hakluyt back in England.

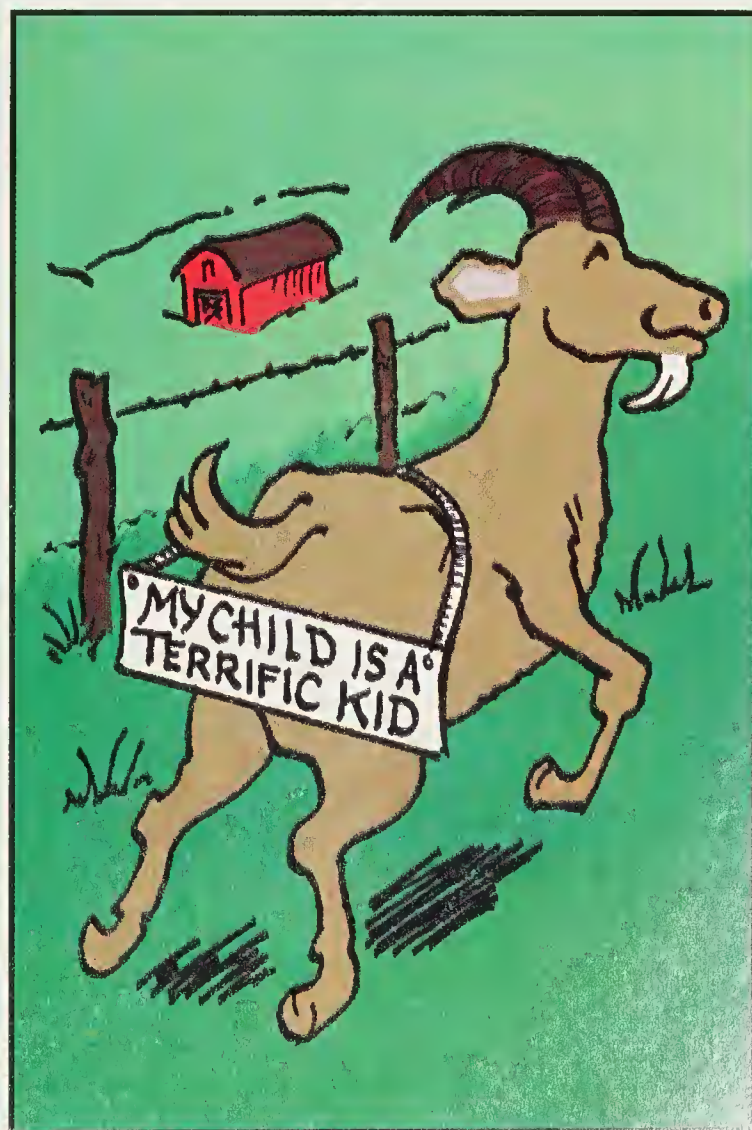
- CLUES
- A. _____ Youngsters
1 2 3 4 5 6 7 8
- B. _____ Escapee
9 10 11 12 13 14 15 16
- C. _____ Cleansing agent
17 18 19 20



MATH WORDS

Each letter in this division problem stands for a numeral. Can you replace the numerals that get ORDER out of CHAOS? Write the value of each letter to the left of that letter. Note that $R \times R = S$.

$$\begin{array}{r}
 \text{R)} \quad \begin{array}{ccccc} \text{O} & \text{R} & \text{D} & \text{E} & \text{R} \\ \text{C} & \text{H} & \text{A} & \text{O} & \text{S} \\ \text{B} & & & & \\ \hline \text{H} & \text{H} & & & \\ & \text{S} & & & \\ & \text{O} & \text{A} & & \\ & \text{O} & \text{E} & & \\ & & \text{H} & \text{O} & \\ & & \text{H} & \text{O} & \\ & & & & \text{S} \\ & & & & \text{S} \end{array}
 \end{array}$$



Ms. Smathers' Class Had 10 Wishes. We Granted Them All.

Robin Smathers, a music teacher in Weaverville, North Carolina, wanted her students to experience the rich musical heritage

of different cultures. She wanted them to dance, play, and dramatize the tales found in folklore, music, and literature.

However, she lacked the musical instruments her class would need. With only 18 instruments for 28 students, many of the children would be left out. Then Ms. Smathers got a bright idea.

She applied for a grant offered by Carolina Electric Cooperatives. "Bright Ideas" is an educational assistance program supporting creative teaching techniques. It was designed to help teachers fulfill their dreams.

For Robin Smathers, it meant her dream came true. To her students, it meant the world. To us, it meant putting a song in the heart of North Carolina. Making this a better, more harmonious place to live. And that's music to our ears.



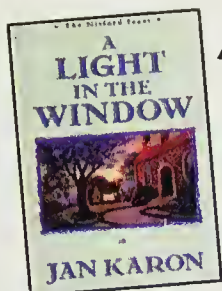
CAROLINA **Electric**
CooperativesSM

For more information on the Bright Ideas Program, contact your local Electric Cooperative or call 1-800-662-885.

Program Results To Date: Projects Funded: 342, Dollars Awarded: \$241,326, Students Benefited: 105



about our
mountains.



A Light in the Window

Jan Karon, 413 pages

A pursuing widow, an attractive neighbor, a big dog and a 12-year-old boy make up the immediate "family" of a timid village rector. Jan Karon assembles these and other village personalities in her second book about Mitford, N.C., a town described as "not unlike Blowing Rock" where she lives.

Father Tim, a middle-aged man in love for the very first time, struggles to juggle his pastoral duties with his new-found feelings. Ms. Karon gives readers an extended family and a little town they can call their own.

Available for \$11.95 (softcover) from bookstores or Lion Publishing, 20 Lincoln Ave., Elgin, IL, 60120; (800) 447-5466.

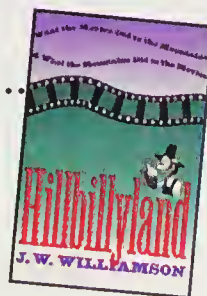
Hillbillyland

J. W. Williamson,
325 pages

J. W. Williamson investigates Hollywood's hillbilly images which are so pervasive in our culture and what purposes they serve. Subtitled, "What the Movies Did to the Mountains and What the Mountains Did to the Movies," the book is Williamson's reviews of more than 800 movies from early nickelodeon one reelers to contemporary films.

Williams is a professor of English at Appalachian State University in Boone where he also is a collector of "hill-billyana."

"Hillbillyland" costs \$15.95 paperback and \$39.95 hardcover from bookstores or the University of North Carolina Press, P.O. Box 2288, Chapel Hill, NC 27515-2288; 800-848-6224.



Exploring the Waterfalls of North Carolina

Jane Corey, 48 pages

Beautiful and spectacular" describe the waterfalls — natural wonders of the Old North State. Jane Corey offers an art travel book, designed for both the active explorer and armchair traveler, enabling readers to discover Tar Heel waterfalls either on the spot or at home.

The book is illustrated by three artists: Philip Moose of Blowing Rock, who did 19 illustrations; Kate Russell Forbes, formerly of Asheville, who sketched 16 maps pinpointing locations; and Jeanette Shirley of Winston-Salem and High Point, who designed the cover.

"Waterfalls" (softcover) is available for \$8.95 at bookstores or from Provincial Press, Box 2311, Chapel Hill, NC 27514; 919-942-6412.

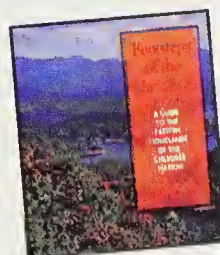
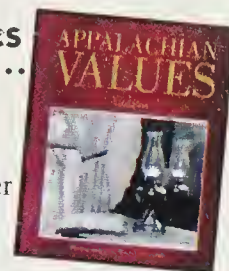
Appalachian Values

Loyal Jones, 144 pages

A series of brief essays "designed to counter persistent negative stereotypes about Appalachian people." Powerful black and white photographs accompany the stories, covering values from our early Appalachian forebears to today, ranging from freedom, religion, pride and self reliance to patriotism and sense of humor.

Loyal Jones, a senior scholar in the field of Appalachian studies, offers a positive view of Appalachian culture which will serve students and the general audience, too.

Available for \$19.95 (hardcover) from bookstores or The Jesse Stuart Foundation, P.O. Box 391, Ashland, KY 41114; (606) 329-5233.



Footsteps of the Cherokees

Vicki Rozema, 300 pages

For those interested in learning more about the rich heritage of this once-powerful nation, this "Guide to the Eastern Homelands of the Cherokee" is a valuable tool. Vicki Rozema spent four years covering sites of the Cherokee nation to compile the photographic guide to the scenic, cultural and historic attractions. She includes sites from western North Carolina, middle Tennessee to northern Alabama, Georgia and South Carolina.

Coverage of each area includes a map, discussion of the area's history, plus detailed directions, hours of operation, fees and telephone numbers. The book is fully indexed.

Available for \$15.95 (softcover) from bookstores, or from John F. Blair, 1406 Plaza Drive, Winston-Salem, NC 27103; (800) 222-9796.



North Carolina
news you can
use.

Lexington Barbecue Festival boasts 3 tents this year

The 12th annual Barbecue Festival in Lexington on Oct. 28 caps a month-long celebration of the pig meat in Davidson County's county seat.

Throughout October, the town hosts such events as the Tour de Pig cycling event for the county mental health association, as well as tournaments for golfers, tennis players, runners, softball players and cheerleaders. The Pepsi Pig Tale writing contest also is under way.

On Friday night, Oct. 27 the festival itself begins in uptown Lexington. This year the North Carolina Pork Cook-Off will take place in town.

The Parade of Pigs

begins at 9 a.m. on Saturday, and street festivities run through 5 p.m., followed by an evening concert with Shenandoah.

Shredded and sliced Lexington-style barbecue will be available at the usual two tents on the square and a new, third tent at 4th and Main streets.

The festival began in 1984 as the inspiration of local chefs Sonny Conrad, Boyd and Roy Dunn, John Little, Gene Whitley and Jimmy Harvey. BB&T and The Dispatch are the sponsors.

For more information contact Stephanie K. Saintsing at (704) 956-2952.

Suellen McCrary, for the sixth year, created the festival poster, an 18-by-24-inch print from a watercolor and pen and ink original of festival day in uptown Lexington. The artist will be at the festival. Posters and prints are available at the festival office or by mail as follows: poster (\$15), limited edition print (\$30), remarks (\$40), plus \$3 shipping, from The Barbecue Festival, P.O. Box 1642, Lexington, NC 27293.



The 1995 Barbecue Festival poster with this print by Suellen McCrary is available by mail order.

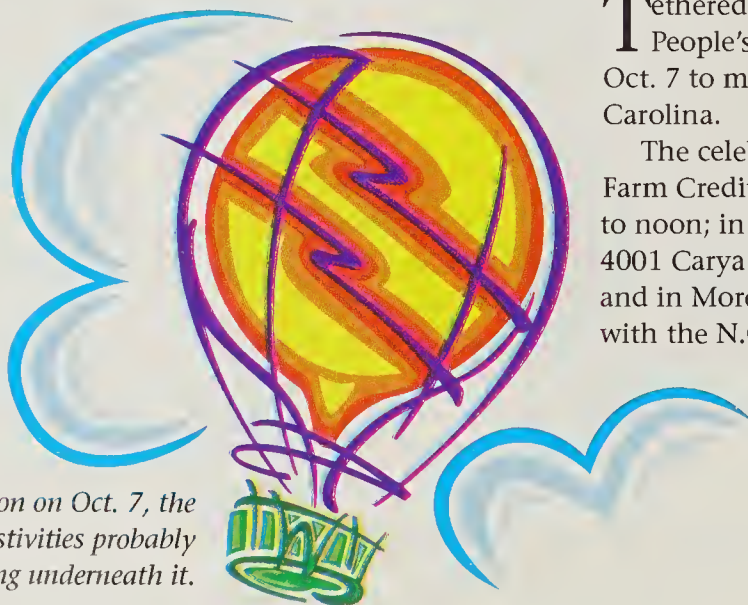
Rise in a co-op balloon Oct. 7

Tethered balloon rides will be "Expanding People's Horizons" at three separate events, on Oct. 7 to mark Cooperative Month in North Carolina.

The celebrations will be in Statesville at Piedmont Farm Credit's office on Hwy. 115 North from 9 a.m. to noon; in Raleigh at Wake County Office Park, 4001 Cary Dr. off Poole Rd., from 10 a.m. to 3 p.m. and in Morehead City at the ports in conjunction with the N.C. Seafood Festival, 10 a.m. to 3 p.m.

All festivities include entertainment, food booths, prizes and co-op exhibits.

Events are coordinated by the Cooperative Council of North Carolina and the state's many cooperative organizations.



If you see a balloon on Oct. 7, the Cooperative Month festivities probably are happening underneath it.

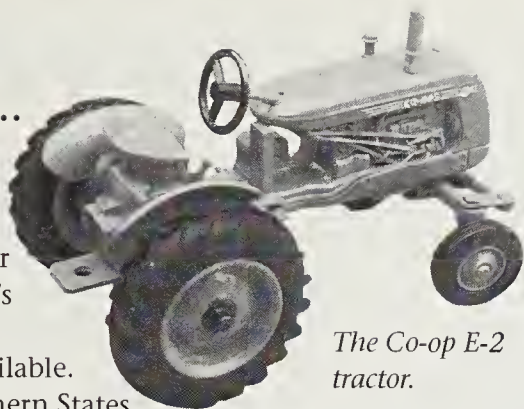
Co-op E2 tractor replica

A replica Co-op E-2 tractor has been issued for Co-op month and in time for gift giving. Last year's 4 sold out fast.

Only 1,000 are available. Some may be in Southern States stores.

It is a 1/6-scale, steerable diecast model, painted "co-op orange" with a black stack, steering wheel and rear wheel nuts, diecast rims and rubber tires.

The cost is \$42.95 plus 6 percent sales tax in N.C., payable to Co-op Council of North Carolina, P.O. Box 10426, Raleigh, NC 27605. Phone: (919) 834-5544.



The Co-op E-2 tractor.

Raleigh to host agriculture summit meeting

U.S. Trade Representative Mickey Kantor will examine North Carolina agriculture's opportunities in the global marketplace when he addresses the inaugural Governor's Summit on Agriculture Nov. 28-29 at the North Raleigh Hilton.

Other issues slated for discussion at the conference are: how agriculture will be impacted by technological advances such as biotechnology; the outlook for financing resources to support capital-intensive agriculture operations; farmers' stewardship of the land amid tightening environmental regulations; and how agriculture would be affected by the 1995 Farm Bill. The 1995 Farm Bill will be examined in an address by Paul Maguire, vice president of the National Cotton Council.

Other speakers scheduled to appear at the conference include Maxey Love, chief executive officer of the farm credit system's AgFirst; nationally known farm broadcaster Orion Snelson; representatives of agribusiness enterprises and various state officials.

To register, contact Graham Boyd, Office of the Governor, 15 W. Jones St., Raleigh, NC. 27603-8001. Phone: (919) 715-050.

Cookies for any holiday



An Edenton bakery specializes in cookies for holidays. The Lovin' Oven recently issued its order form for Halloween, Thanksgiving and Christmas cookies.

Cookie sizes range from 3-by-3 to 4-by-6 inches and are shaped in a variety of figures appropriate to the holidays.

Cookies are made to order and have a shelf life of four months.

Orders for Christmas must be placed

before Dec. 1 and will be delivered within two or three weeks. Gift-time orders must be prepaid. The minimum order is a case of four dozen.

For more information, contact The Lovin' Oven, Gaslight Square Suite #5, 319 S. Broad St., Edenton, N.C. 27932. (919) 487-7465.

Popular New Bern cookbook is reprinted

The seventh edition of the "Pass the Plate: The Collection From Christ Church" cookbook includes more than 900 recipes on 516 pages published by Christ Church in New Bern.

The book also features 25 histories and sketches about restored homes in New Bern, as well as Tryon Palace. It is a spiral-bound hardback that lies flat when in use.

Southern Living magazine recently placed the book into its Community Cookbook Hall of Fame.

Mail order copies can be gift-wrapped and ordered in bulk. Single copies are \$16.95, plus \$4.05 shipping and \$4.50 sales tax for North Carolina residents. Wrapping is 50 cents (specify occasion). Contact Pass the Plate, P.O. Box 836, New Bern, N.C. 28563. (919) 633-2270 or (800) 494-9669.



Demonstration of a blow gun shooting a thistle dart at the Oconaluftee Indian Village. The replica of a 1750 Cherokee village will remain open daily through Oct. 25. For tour information, contact the Cherokee Visitor Center at (800) 438-1601.

Who knows about Ocean Isle?

The Ocean Isle town council has commissioned local writer Teresa McLamb to produce a book about the history of the Brunswick County beach community.

McLamb seeks information, recollections and photographs from property owners, vacationers and others who know the place. She is looking for family stories, anecdotes, photos and memorabilia.

Items will be returned if contributors request. Contact McLamb Communications at 310 Lansdowne Rd., Wilmington, N.C. 28409. (910) 799-3252 or (910) 754-7177.

Looking for burial sites of Confederate veterans

The N.C. Confederate Burial Locator Project is interested in information about burial places of any Confederate soldier or veteran to add to its database. The intention is to publish the information for research purposes.

The project also seeks volunteers for its staff.

Submissions should include as much of the following information as possible: full name of soldier or veteran, dates of birth and death, name of cemetery or burial location, nearest road or municipality to the site, county of site, type of grave-stone (upright, flat, government-supplied marker), company and regimental designation.

Contact Jeff H. Stepp, 2139 Buffalo Shoals Rd., Catawba, N.C. 28609. (704) 328-6405.

Hank's Gardening Guide

by Hank Smith



It's time to plant trees and shrubs.

Experienced gardeners consider this period of changing seasons to be one of the most active times. Weather is inviting, so it's a good time to get the garden ready for cooler months ahead.

Since autumn is the time for planting trees and shrubs, take stock of your garden and landscape design. Decide which plants you can add to make a complete year-round picture to reflect the beauty of nature.

Perennials

Continue to dig-divide-replant crowded clumps of perennials such as Shasta daisies, daylilies, violets, columbine, yarrow and candytuft. Separate new plants from the outside of each clump. Replant them in well-prepared soil. Discard the central portion of the clump.



Violet

Vegetables

Continue harvesting okra, tomatoes, snap beans, cucumbers and other summer vegetables. Many of these will produce right up to the first killing frost if they are weeded, watered and treated to control insects and diseases. If frost arrives in your area this month, cut asparagus back to the ground when plants are killed, then mulch the bed with old, well-rotted manure.

Plant spinach, turnips, kale, radishes, leaf lettuce, onions and carrots. Sow seeds of cabbage, broccoli and cauliflower in cold frames late this month for January-February plants.

Seeding annuals and perennials

Except in the highest altitudes, seeds of annual feverfew, gaillardia, larkspur, phlox, calendula, snapdragon, sweet pea, Queen Anne's lace, poppy and calliopsis can be planted now. Among perennials to plant now are Canterbury bells, candytuft, forget-me-not, foxglove, delphinium, sweet William, and holly hock.

If there is a forecast for heavy frosts this winter, mulch your beds.

Saving seeds

If you have seeds left over from this year's garden, store them properly to ensure their viability next spring. Use an airtight container, such as a widemouth canning jar, a coffee can with a plastic lid or a plastic zipper refrigerator storage bag to contain the seeds. Store the container in the refrigerator. If seeds have been exposed to dampness or extreme heat, or if they are three years old or older, they should be discarded.

Winter-flowering shrubs

As you select shrubs for planting now and on through winter, don't overlook those that bloom in winter.

Camellia heads the list of showy ornamentals to contribute perfect flowers from early winter through early spring. Its glossy green foliage makes the camellia a prime year-round evergreen accent. Eleagnus begins to bloom in late autumn and continues until midwinter. Its small off-white blooms are very fragrant. Leaves are dull green on top and silvery on the underside, making it a striking bold-textured plant. Small brown flecks on leaves and stems give eleagnus the common name of "sandpaper shrub."

Tea olive (*Osmanthus fragrans*) produces tiny, fragrant white flowers in early winter. It needs the winter protection of a wall or evergreen hedge. In late winter, red flowerbuds of *Viburnum tinus* open into creamy-white, fragrant blooms. Witchhazel and wintersweet bloom in winter, usually about Christmas. Flowering quince often begins flowering in midwinter. In late winter or early spring, flowering almond, *Jasmine nudiflorum*, bush winter honeysuckle (with fragrant blooms) come into flower.

Plan ahead

Select landscape plants for what they will do for your home and yard. With our wealth of adapted plants, it is wise to be selective. Don't overplant with numerous varieties and species. However, for those who like variety, a shrubbery border may be planted with various shrubs. This often makes a good background screen or hedge for the property line. It also supplies a continuous source of cut material for indoor use.

When selecting plants for the landscape, give thought to what they will look like when grown and mature. Decorative values of flowers, fruits, berries, foliage and stems are important. Very important, too, are upkeep and cultural needs of plants you select.

If you are a newcomer to the South and feel a bit of "homesickness" for favorite plants you grew "back home," talk with your county Extension agent or an established nurseryman for advice on what degree of success you can expect with "imports."



Holly Hock

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Make checks and money orders payable to Carolina Country. Send to Carolina Country Classified, P.O. Box 27306, Raleigh, NC 27611.

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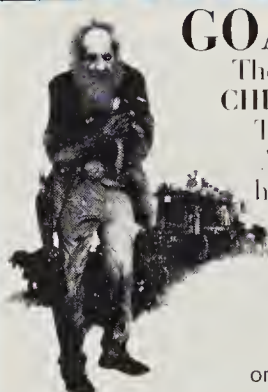
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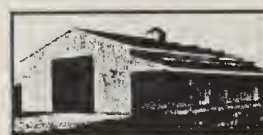


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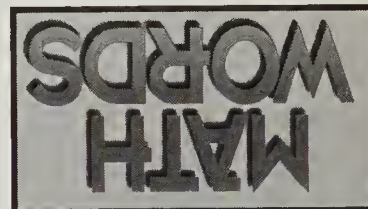
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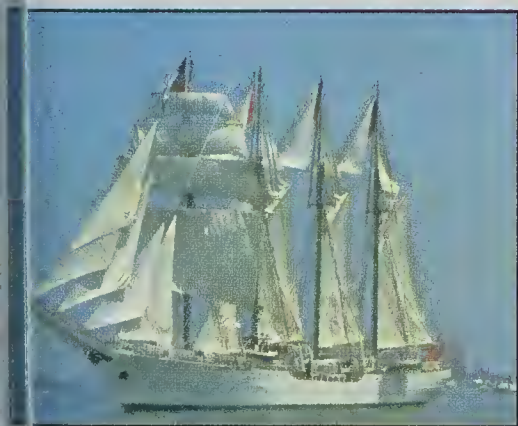


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Comforting the bereaved: a wordsmith at a loss for words

I've spent more than 30 years as a wordsmith—reporter, editor, columnist—but I still struggle to find a few words of comfort for the bereaved.

I've walked in their shoes often enough, having marked the deaths of my parents and other loved ones and friends. I understand their pain well enough, yet I am still at a loss for words. I often find myself hopelessly tongue-tied at family visitations and funerals when it's my turn to reach out in sympathy.

If I can't offer condolences in person, I examine rack upon rack of greeting cards searching for one with an acceptable verse—one that strikes the right tone for the occasion and my relationship with the grieving party. Hallmark's "very best" often comes up short and the competitors are rarely any better. The search usually ends in frustration as I settle on a compromise—a card that may look great but has a so-so message or an ugly card with a nice message.

Finding just the right card is important because, I tell myself, that allows me to gracefully get by with only a few handwritten lines of my own. Even then, those few lines will likely flow from the pen in fits and starts. And once they're written, they almost always seem woefully inadequate.

This never-ending struggle has inspired me to seek out messages that might be comforting to someone who's grieving, and to pass them along whenever they seem appropriate. Over the past few years, I've been fortunate enough to find a few that I feel comfortable sharing with the bereaved—along with a few personal remarks. Those remarks still say I care and little else. But I don't mind as much: I can be sure the extra enclosed messages say something meaningful to me about coping with a loss.

We're reprinting two of these messages here. If they speak to you, perhaps you'll also want to share them. If you have favorite messages for this purpose, I hope you'll contribute them to my collection—and I'll feature some in a future column.

The quotes here are "A Parable of Immortality" by the American author and clergyman Henry van Dyke, and a prayer that touched me during a service at Raleigh's First Baptist Church. The

prayer was offered during a Memorial Day observance May 1994 by Dr. R. Wayne Stacy. He was then the church's pastor but recently joined the faculty of Gardner-Webb University.

The van Dyke quote was part of a moving eulogy Rev. Justus McKeel of First Baptist Church in Ramseur delivered a few years ago at the funeral of my father-in-law, William H. Leonard of Asheboro.

A Prayer: Grant Us Grace

By Dr. R. Wayne Stacy

Dear God of Eternity, in Whom no dawn rises and no sun sets: We are grateful that nothing is ever lost to You. We acknowledge, Our Father, that life as we have come to know it is so precious to each of us that all that is within us says no to death.

Help us, Father, to learn to see death as you see it: not the end but the beginning; not a wall but a doorway; not a dark road but a path that leads to eternal life.

And grant us the grace, in the presence of death, to embrace that deathless life that You alone give and to entrust those who have entered that doorway and ourselves to that life and love—a life and love that, no matter what, will never let us go.

In the name of Him who has conquered death, we pray, Amen.

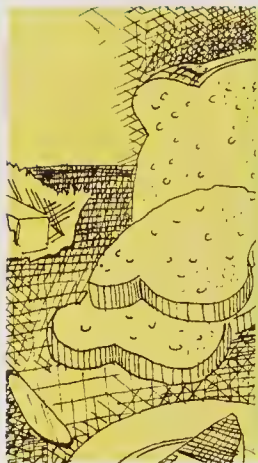
A Parable of Immortality

By Henry van Dyke

I am standing upon the seashore. A ship at my side spreads her white sails to the morning breeze and starts for the blue ocean. She is an object of beauty and strength, and I stand and watch until at last she hangs like a speck of white cloud just where the sea and sky come down to mingle with each other.

Then someone at my side says, "There she goes!" Gone where? Gone from my sight—this is all. She is just as large in mast and hull and spar as she was when she left my side and just as able to bear her load of living freight to the place of her destination. Her diminished size is in me, not in her.

And just at the moment when someone at my side says, "There she goes!" there are other eyes watching her coming and other voices ready to take up the glad shout, "Here she comes!"



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Submitted by Judith I. Jones, Chinquapin



- 1 box instant French vanilla pudding
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- 2 bananas, sliced
- 1 can crushed pineapple in its own juice (drain slightly)
- Low-fat vanilla wafers
- ½ cup roasted pecans (optional)

Mix pudding and milk. Let stand 5 minutes. Gently stir in sour cream. Put some wafers in dish. Add bananas, sliced. Add ½ of pudding. Add ½ whipped topping. Repeat layering using pineapple instead of bananas. Sprinkle chopped nuts on top. Chill. (Serves 10).

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Bob Timberlake

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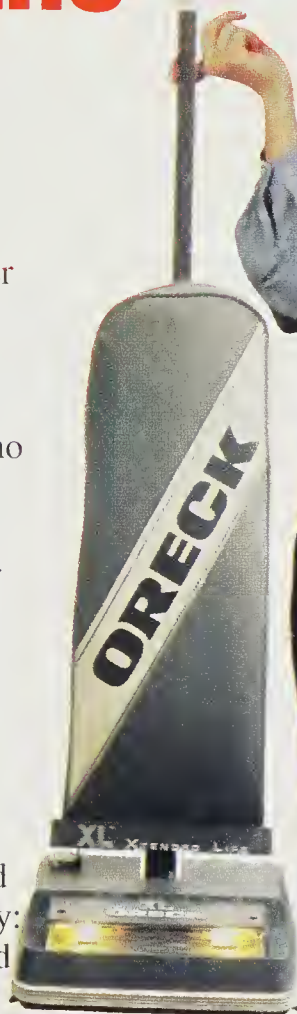
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